poise+

PSC
PILATES SPORTS CENTER
OFFICIAL TEACHER TRAINING CENTER

Pilates
TEACHER TRAINING

2026

Hello future

PSC Certified Instructor,

Thank you for your interest in the Pilates Sports Center Teacher Training Program at Poise Pilates+Barre. Founded in 2000, PSC offers not only one of the most profoundly effective exercise systems ever developed, but gives special emphasis to the extensive rehabilitative aspects of the work of Joseph H. Pilates. The importance of quality instruction, well-rounded, innovative training, and good credentials cannot be ignored in today's competitive world. The Pilates Sports Center Teacher Training Program ("PSC") offers the finest Pilates instructor educational program available and is staffed with vetted, qualified Teachers from across the USA and Internationally by Licensing Agreement with PSC.

This catalog will provide you with information on all of our upcoming programs offered at Poise Pilates+Barre. If you have any further questions or concerns, we invite you to contact us. We would love to meet you to introduce you to our studio and discuss our program, as this is a big decision for you.

Thank you for choosing Poise Pilates+Barre and PSC. We are looking forward to seeing you in the studio.

Callie Jenkins

Poise Pilates+Barre, Founder and Owner
Master Pilates Teacher Trainer

Why PSC?

YES!

- *limited class size to achieve a high level of attention and service*
- *Directory Listings, Job Board and Workshops available for Grads*
- *98% pass rate as of 2016*

NO...

- *video learning - all in person*
- *delayed module schedules*
- *extra testing fees*
- *extra fees for manuals*
- *delay in your education*
- *required PSC Continuing Education for graduates - all optional*

PSC mission

to provide an education in the work of Joseph H. Pilates with the highest quality of instruction to create the most successful and capable Pilates teacher possible.

PSC preserves

the classical repertoire and the essence of Joseph H. Pilates' philosophy and has integrated modern principles of exercise science and spinal rehabilitation to make it safer and more effective. We are dedicated to providing the most current information available and to maintaining the highest quality of instruction. We are constantly refining our Programs.

PSC intends

to grow its programs worldwide without sacrificing its quality or integrity. PSC will uphold the highest standards of its instructors, business practices, materials and the work of Joseph Pilates.

Why Poise Pilates+Barre?

Schedule a visit to our studio!

1800 21st Street, Suites A&D
Bakersfield, CA 93301
661.864.7977

info@poisepilatesbarre.com
www.poisepilatesbarre.com

Poise Pilates+Barre is an affiliate Studio of Pilates Sports Center. Our 3500+ square foot lofted studio has state of the art equipment by Balanced Body including: Reformers, Reformer|Tower Combos, Cadillac, Wunda Chairs, Ladder Barrel, a separate studio for Mat|Barre|TRX and a wide array of Pilates accessories and props.

Students may also schedule practice or observation hours at Poise Pilates+Barre. Please contact the studio at least 24 hours in advance. The Studio is open 7 days a week. A Certified Pilates Instructor must be on site for students to use equipment for practice, or practice teaching.

Our Credentials

Callie Spitzer Jenkins, owner and co-founder of Poise Pilates+Barre, is a Body Arts & Science International (BASI) certified Pilates instructor, PSC Pilates Master Teacher Trainer, as well as a Burn at the Barre and TRX certified instructor. Coming from a cheerleading background of over 12 years, she began taking Pilates in 2005 and has not stopped. Callie is passionate about teaching others, allowing them to fall in love with the exercise and body awareness Pilates has to offer. In 2012, the opportunity to fulfill her Pilates dream of opening a studio in her hometown came true! Callie holds a Bachelor of Arts degree in Communications from California State University, Long Beach and she and her husband George welcomed their first born, Carly in October of 2016 and their second born, George IV in November of 2018.

Official PSC
Pilates Teacher
Training Studio

Pilates

TEACHER TRAINING PROGRAM

Program Description*

This 450+ hour program is offered in comprehensive, modular or private format
The class size is limited to achieve a high level of attention and service
A fully photographic manual will be provided for each course you attend

Each Student will learn:

- **Pilates Mat | Reformer | Cadillac | Chair repertoire in both Classical and Progressive Pilates styles with modifications and variations**
- **15+ hours of review of all material**
- **Fundamental Pilates principals and philosophies**
- **Client assessment and alignment protocol**
- **Anatomy and biomechanics taught using visual aids and lectures in an interactive environment**
- **Pilates props skills utilizing the jump board, magic circle, rotating discs, balance|wobble board, foam rollers, thera-bands and balls**
- **Creative training and program development skills for any level of proficiency**
- **Medical anatomical terminology**
- **Verbal and tactile cueing skills**
- **Attitude, confidence and composure of a professional instructor**
- **Studio etiquette and equipment safety**
- **Ethics and scope of practice**
- **Understanding indications and contraindications for specific injuries and special** circumstances

Graduates of a Comprehensive Program will be able to acquire an entry-level position as a comprehensively trained Pilates teacher. Graduates who also take Barrels workshop will meet the criteria for and be prepared to take, the PMA Certification Exam™

*Completion of the comprehensive or modular PSC program does not guarantee employment or PMA Certification™.

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Graduation REQUIREMENTS

Comprehensive Program:

A Certificate/Diploma issued upon completing all course requirements including, but not limited to:

- 136 hours of In Person Classroom Experience with a PSC Master Trainer
- 75 hours of combined Observation | Apprenticeship in the Studio
- 100 hours of Practice Teaching | Charting with classmates | family | friends | etc.
- 40 hours of Self Integration (additional Pilates experience with a qualified instructor)
- Anatomy Project and Client Assessment + Programming Project
- 15 hours Pilates Professional Online or Video/DVD Observation
- Passing scores on quizzes | reviews, tests, practical exams and projects of no less than 76%
- Insurance required to practice at PP+B's Studio

Modular Programs:

Requirements are as follows for each Modular Course:

- 25 hours of combined Observation|Apprenticeship in the Studio
- 25 hours of Practice Teaching | Charting with classmates | family | friends | etc.
- 10 hours of Self Integration (additional Pilates experience with a qualified instructor)
- 5 hours Pilates Professional Online or Video | DVD Observation
- Passing scores on quizzes | reviews, tests, practical exams and projects of no less than 76%
- Insurance required to practice at PP+B's Studio

Callie: (661)864-7977

info@poisepilatesbarre.com

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Program DATES

2026 - Group Program - (February - December)

- Fundamentals, "Nuts, Bolts | Philosophy"
- Pilates Mat
- Reformer
- Cadillac
- Chair
- Review + Written Exam
- Practical Exam

Private and Modular Programs Available

Please inquire for details.

Modular Programs are required to take Fundamendals, "Nuts Bolts | Philosophy" Prior to any Module taken. For apparatus Modules, Student must either take the Mat Module, or have documentation (subject to approval) of prior completed Mat Education.

Group Modular Programs are held during the dates above.

Private Comprehensive or Modular Programs are subject to availability of both Master Trainer(s)and Student. Dates and times will be arranged between Student and Master Trainer(s). Pricing upon request.

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Tuition +DEPOSIT

Group Comprehensive Program: Fundamentals|Mat|Reformer|Cadillac|Chair - $6900

($500 Deposit required to hold spot in course. Deposit is NON-REFUNDABLE and goes toward cost of Tuition.)

- 1 photographic manual pertaining to each module registered and paid for
- Classroom lecture|lab with PSC Master Trainer
- Use of Studio for self practice and classmate practice
- DVD loaning (with a CC deposit on file) for review
- Written and Practical Exams
- 1 assessment based Certificate|Diploma upon successful completion of all requirements

*Payment plan available. $100 Processing fee applies. Please inquire.
Barrels offered as a separate workshop. See Modular Program below. Pleasae inquire for dates.

Group Modular Programs: Pilates Mat and Apparatus

($100 Deposit required to hold spot in module. Deposit is NON-REFUNDBALE and goes toward cost of Tuition)

- Nuts and Bolts | Philosophy - "Fundamentals" $500 - REQUIRED FOR ANY MODULE
- Pilates Mat - $2000 (you will attend the first 3 weeks of a Full course)
- Reformer - $2500 - 6 weeks approx
- Cadillac - $1500 - 3 weeks approx
- Chair - $1500 - 2.5 weeks approx
- Barrels (Ladder | Small Barrel + Spine Corrector)* - $500 - 1 week approx

*Offered separately as a workshop. For a certificate, there is an additional $50 Testing Fee. Graduates of a Comprehensive Program that included Barrels will be the new criteria for, and be prepared for, the PMA Certification Exam.

Private Comprehensive and Modular Programs: 1-2 Students.

Price upon request. Subject to availabliity of Master Trainers and prospective students

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Admission + ATTENDANCE

Admission Requirements

- Meet with Master Trainer Teacher
- 30+ documented hours of well-rounded Pilates Instruction with a qualified Pilates Instructor (PSC Host Studio will offer you a Student Discount to Complete)
- Prospective Students must have High School | Equivalency Diploma to be admitted
- Completed Application and deposit
- Personal Liability Insurance for lab and practice teaching
- No applicant will be denied on the basis of race, national origin, color, creed, religion, sex, gender identification, gender expression, age, disability, medical condition (cancer related), ancestry, marital status, citizenship, or a status as a veteran or special disabled veteran

Enrollment Procedures

Prospective students may enroll anytime. Late enrollments will be accepted on a case-by-case basis The enrollment process includes submission of an application, payment of non-refundable deposit Sign and submit the Release Form and Student Contract

Attendance Requirements

Students are expected to arrive on time for class with proper materials. An overall attendance rate of at least 90% is required. The Certificate of Completion | Diploma may be held until class time is made up. Students who are unable to continue classes for medical | personal reasons will be required to take a leave of absence until they are able to return to class. Proper documentation will be required to substantiate a student's withdrawal

Refund | Cancellation

A Non-Refundable Deposit of $500 for the Comprehensive Program ($100 for each Modular Program) is due with application | registration to reserve a spot in the course. Your Non-Refundable Deposit and application entitle you to all PSC Host Studio discounts as soon as it is made. No Studio discounts will be given if tuition is refunded or student drops from the course

Student is entitled to a refund upon withdrawal|termination: within 14 calendar days from the start of the program 100% . After program begins: NO Refund of Tuition. All refunds will be made within 30 days from date of termination. The official date of termination | cancellation of a student will be determined in the following manner:

- The date on which the school receives notice of the student's intention to discontinue the training program, or,
- The student will receive a full refund of tuition and fees paid if the school discontinues a Program within a period of time a student could have reasonably completed it

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Bridge PROGRAM

Why Bridge with PSC?

- Do you have an incomplete education?
  Add a PSC module as outlined on page 8 to improve your skills, earning power and add to your credentials
- Was your previous training | education unsatisfactory?
  We offer a up to 50% discount* to any instructor who wishes to re-educate with us.
  *Discount offered only on any previously accomplished portion of a Comprehensive program. Proof of previous education required via copy of a Diploma, Certificate of Completion or Letter from the school. Subject to approval and verification by PSC
- Do you want to take the PMA Certification Exam?
  Only Graduates of a Comprehensive Program (Pilates Mat | Reformer | Cadillac | Chair |

Pilates Sports Center is nationally and internationally recognized and upholds all of the PMA criteria for a Pilates educational program. We offer Pilates Instructor training in locations across the USA, Israel, Turkey and South Korea. The PSC program is growing rapidly. Bridging is a great way for instructors to continue their journey or re-visit Pilates instructor skills. It is also a great way to add diversity to your training background. PSC and its Master Teachers are actively running Pilates Studios of their own and can give you the best insight into the world of successful business and client instruction. PSC respects our Classic Heritage while infusing new ideas that are both science based and creative

Become a part of a growing team of professionals and part of a renowned training pro-

Requirements to Transition|Bridge with PSC

- Have verifiable proof of completion (diplomas/certificates, and letters of recomentdation), from a reputable/verifiable Pilates Teacher Training Program
- Complete Application and submit Proof of Education/Training as outlined above
- Successful Admittance into PSC Bridge Program**
- Complete PSC's Fundamentals - Nuts, Bolts | Philosophy (online via PSC) or in person at PP+B
- Have verifiable proof of Mat Certification prior to any PSC Apparatus Module taken

**Once prior education is verified | approved, you will be admitted to PSC's Bridge Program. Once admitted to a program, all requirements will apply as outlined in this catalog to obtain a Certificate of Completion from PSC

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YOU'D BE A
Freakin' Amazing
PILATES INSTRUCTOR
APPLY ONLINE | SPACE IS LIMITED