

## WHAT MAKES THE PSC PROGRAM THROUGH STUDIO7 UNIQUE?

- The PSC Program was written over 25+ years ago and has been taught nationwide and internationally thousands of times with a great reputation.
- PSC's program is not a "big box" product that was simply sold to a Studio without vetting or training the Studio / Instructor.
- Each location is hand selected for its location, quality and integrity of its teachers.
- With PSC you will learn the original exercise method developed by Joseph Pilates on all apparatus. *Not a "hybrid" that is only loosely based on Pilates with partial apparatus.*
- PSC's Master Teachers have achieved a high level of excellence in their field. They have been teaching for years, have multiple additional certifications in Pilates and other related fields, have passed rigorous testing, and are NCPT Certified Pilates Teachers. *Not a hired hand who has not been extensively trained in this program or has very little work experience.*
- Extensive photographic manual is included in course No extra fees.
- PSC refuses to offer a low quality "quick" program. We have 2 options:
  - Comprehensive Program 16-week course. *Graduates of a Comprehensive Program will then meet criteria for, and be prepared to take, the NCPT/Certification Exam™*
  - "Modular" programs to learn the Mat and Equipment individually. *You can't become a great teacher in a "traffic school" style program that is too quick, with too many long hours to get it done in one day, video learning, low classroom hours, eliminating equipment or taking out valuable review time.*
- PSC offers 128 + "classroom hours" to offer the best support to our students. *You need to be with a Teacher who is there to guide you, take time with you and cover material fully, classmates to work with, enough equipment to practice on – this can't be done by recordings!*
- PSC requires an entrance and exit interview / exam to accept and graduate those who are truly ready. PSC is proud to be an educational leader who cares about the integrity and success of our graduates. *We don't open our doors purely to take tuition and graduate students regardless of skill – as a graduate, you want to know you are a skilled and prepared instructor who will be respected in your field.*
- PSC is competitively priced with no hidden costs. *No surprise testing fees, anatomy courses, extra book fees or forced to purchase sessions in the studio, no mandatory PSC workshops to remain a teacher.*
- Will you learn ALL of the apparatus or only part of them? Will you truly be able to teach in any studio and know ALL of the equipment? Will you be employable? *With PSC, you WILL! PSC teaches ALL of the equipment repertoire on various "models" of the equipment (Based on location)*

## WHAT MAKES THE PSC PROGRAM THROUGH STUDIO7 UNIQUE?

*To understand how to adapt to different studio environments, as there are now many types of Pilates Reformers, Cadillacs, Barrels and Wunda Chairs. This is unique to PSC.*

• Will you be in a class with 30 other students and not able to get attention or use the equipment? *NO! PSC takes only 12 students! PSC maintains a small class size for the best learning experience.*

• You will learn how to maintain, modify and perform safety servicing of the Pilates equipment – this is unique to PSC.

• Will you just learn basic exercises to save time and get the course done faster? *We dissect each exercise. You will learn many PSC exercise variations to make them more challenging as well as modifications to assist clients with injuries or special needs, this creates the most capable and skilled trainer.*

• Will your program allow you review time or just push you through to the finish line? *PSC material review time (16+ hours) and final exam are 99% practical, not written - you will learn to think on your feet and apply information in a practical, physical way. This enables us to help you refine your skills throughout the program and ensure you understand the material completely for your success. This also allows us to provide you with an “Assessment Based Certificate.”*

• The PSC Course is all-inclusive - no hidden fees or requirements.

*Extra costs disclosure:*

- Re-testing fees (\$100 fee only imposed should you not pass or miss the scheduled final exam)  
- Optional private tutoring fees if classes are missed. Discounts offered for “group” make-up sessions, OR you may subscribe to PSC’s Channel to view individual videos of each exercise in the PSC course for missed material or review

- 2 Anatomy Textbooks: costs are minimal (used books available on amazon.com)  
- Minimal Studio rental fees to work with “Practice Clients” (other than classmates) for required hours \$10 per session.

- Student Liability Insurance if you plan to work with people other than classmates in the studio. PSC has negotiated an AMAZING Student and Teacher insurance that also offers: A free website, rental or stolen equipment coverage, product liability, general and professional liability <https://insurefitness.com/partners/pilates-sports-center/>

• We offer a video membership portal to access an entire library of each exercise and more.

• We offer placement into a course if any portion of a Pilates education is already in place from somewhere else. We call this “Bridging”.

• We offer a 50% discount on any module of the course to any instructor wishing to “Bridge/ReEducate” after completion of any other course with a certificate. Should you wish to review or were unsatisfied with your prior experience somewhere else let PSC help you accomplish your goals.