



Pilates Sports Center

Catalog 2025

Cutting Edge Education Nationwide and
Internationally Based on the Teachings of
Joseph H. Pilates

1052 Oak Forest Drive
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Welcome to the Pilates Sports Center Program at The Pilates Studio LaCrosse



MISSION STATEMENT AND GOALS:

Thank you for your interest in the Pilates Sports Center Teacher Training Program 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 across the USA and Internationally by Licensing Agreement with PSC.

Goals:

- *PSC's mission is to provide an education in the work of Joseph 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 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.*

This catalogue will provide you with information on all of our programs. If you have any further questions or concerns we invite you to contact us, or one of our affiliates. 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 PSC. We are looking forward to seeing you in the Studio.

Master Teacher and Studio Owner
Heather Happel

The Pilates Studio's mission is to assist our clients with finding the best balance of strength, flexibility, coordination, and body awareness. This balance of mind and body will allow our clients to perform whatever their passion is, be it work, sports, outdoor pursuits, Pilates, or everyday life, with optimal physical and mental conditioning.

Facilities / Studio

The Pilates Studio LLC is a fully equipped classic studio with six Reformers, a Cadillac, three Combination Chairs, and a Ladder Barrel, as well as an extensive collection of small barrels and props. The studio also features a Power Plate and a CoreAlign. These pieces of equipment nicely compliment the Pilates repertoire and help us meet the individual needs of our clients. Our highly qualified instructors offer Private and Duo sessions as well as Reformer and Mat classes.



Students may schedule observation or practice hours at the Studio, please call the Studio 24 hours in advance. The Studio is open 6 days a week and must have an instructor on site for students to use equipment for practice or practice teaching.

Schedule a Visit to Our Studio!

Address

1052 Oak Forest Drive
Suite 320
Onalaska, WI 54650

Contact

(608) 781-2656
thestudio@pilatesstudiolax.com

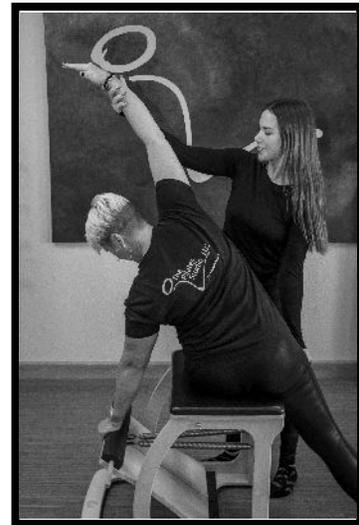
Pilates Studio LAX Master Trainer Credentials and Bios

Heather Happel was introduced to Pilates through Mat work, and loved the initial challenge it posed in her body. She stayed committed because of the changes she felt happening to her posture, strength, bodycomposition, and balance. She became certified by Physical/Mind Institute to teach Pilates in 2007.

Heather has a passion for anatomy and movement, figuring out correctable problems, and helping people find their strengths: Often returning them to activities they thought were no longer possible. She has clients ranging in age from 14 to 93; golfers, athletes of all levels, deconditioned populations, and the weekend warriors. Heather has continued her education with certificates in *Anatomy in Clay; *Demi-Barre certification; *Power Plate certification; *Multiple conferences on movement and pain reduction; and Pelvic Floor workshops.

She has completed the Master Trainer program with the Pilates Sports Center in Los Angeles. She enjoys continuing the work of Joseph Pilates and sharing it with the next generation of teachers.

When not in the studio she can be found in her garden, hiking/biking the bluffs with her dog Rocky, or cooking for her friends and family.



PSC's Pilates Teacher Training Program Description/Objectives & Graduation Requirements

Pilates Teacher Training Program Description:

This 450+ hour program is offered in a 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 the course you will 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 that includes barrels, will meet the criteria for, and be prepared to take, the PMA Certification Exam™
- Graduates of a Comprehensive Program will be able to acquire an entry-level position as a comprehensively trained Pilates teacher
- Learn More with our Video! [_____](#)
- Completion of the comprehensive or modular PSC program does not *guarantee* employment or PMA Certification.

Requirements for Graduation:

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 Teacher
 - 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 qualified instructor)
 - Anatomy Project & Client Assessment and Programming Project
 - 15 hours Pilates Professional Video/DVD or Online Observation
 - Passing scores on quizzes/reviews, tests, practical exams and projects of no less than 76%
 - Insurance required to practice at PSC's Studio:
-

Requirements are different for Modular Courses.

Each module will require:

- 25 hours of Observation/Apprenticeship of/with a qualified instructor
- 25 hours of Practice Teaching/Charting with classmates/family/friends etc.
- 10 hours of Self Integration (additional Pilates experience with qualified instructor)
- 5 hours Pilates Professional Video/DVD Observation
- Passing scores on quizzes, tests, practical exams and projects

Other Pilates Sports Center Information:

- No video learning - all in person
- No delayed module schedules, no extra testing fees, no levels, no delay in your education
- No required PSC Continuing Education Workshops for graduates - all optional
- Directory Listings, Job board and Workshops Available for Graduates

Calendar of Class Schedule



Spring 2025

Fundamentals

April 1 and 3

Mat Pilates Training

April 8, 10, 15, 17, 19

Reformer Pilates Training

April 22, 24, 29 May 1, 6, 8, 13, 15,
17, 20, 22

Cadillac Pilates Training

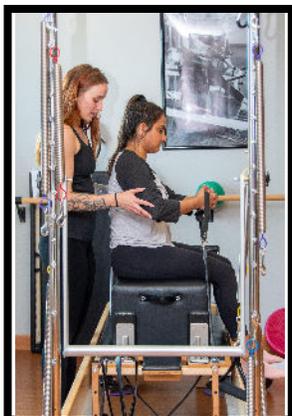
May 27, 29, June 3, 5, 10

Chair Pilates Training

June 12, 14, 17, 19, 24

Review, Written and Practical Exam

June 26, July 1



TUITION / DEPOSIT

Comprehensive Program (Fundamentals, Mat, Reformer, Cadillac, & Chair) **\$5,900.00** (Minus \$500 Deposit to hold a spot) Course Fee Includes: 1 photographic manual pertaining to each module(s) registered and paid for, class room lecture/lab with a PSC Master Trainer, use of Studio for self practice and classmate practice, DVD loaning (with a CC deposit on file), and 1 (one) Assessment Based Certificate / Diploma upon successful completion of all requirements. Financing Available

Modular Pilates Apparatus Programs (Minus Non Refundable Deposit of \$100 for any single module)

- Nuts and Bolts / Philosophy - "Fundamentals" \$300 – required for any program
 - Pilates Mat - \$1200 (you will attend the first 3 weeks of a Full Course)
 - Reformer - \$2400 - 6 weeks approx.
 - Cadillac - \$1200 - 3 weeks approx. •Chair - \$1050 - 2.5 weeks approx.
 - Barrels (Ladder/Small Barrel & Spine Corrector) \$400 - 1 week approx. offered separately as a workshop (or as certificate with a \$25 testing fee)
- Graduates of a A Comprehensive Program that includes Barrels, will the meet criteria for, and be prepared to take, the PMA Certification Exam™*

Private Full Programs 1-2 Students Full Program \$8,800.00 each student. Modular Private Programs also avail. Please inquire

ADMISSION REQUIREMENTS

- Meet with Master Teacher Trainer
- Prospective students must have a high school diploma or equivalency diploma to be accepted for enrollment
- 30+ documented hours of well-rounded Pilates instruction with a Qualified Pilates Instructor. *IPSC Host Studio will offer you a Student Discount/ After your \$500 deposit, and up to 3 months before the first day of class.*
- Completed Application and deposit
- Personal Liability Insurance if practicing in your Host Studio
- No applicant will be denied on the basis of race, national origin, color, creed, religion, sex, age, disability, gender identity, gender expression, or sexual orientation, medical condition (cancer-related), ancestry, marital status, citizenship, or 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 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 Deposit of \$500.00 (\$100 is non refundable) (\$100 for Mat or a Module) is due with application/registration to reserve a place in the course. Your non-refundable deposit and application entitle you to all PSC Studio discounts the first day of class. No Studio discounts given if tuition is refunded or student drops from the course.

See the following page for exact details on refund and cancellation details.

Refund/Cancellation Policies:

The student will receive a full refund of all money paid if the student:

1. Cancels within the three-business-day cancellation period under SPS 406.03;
2. Accepted, was unqualified and the school did not secure a disclaimer under SPS 409.04;
3. Enrollment was procured as the result of any misrepresentation in the written materials used by the school or in oral representations made by or on behalf of the school.

Refunds will be made within 10 business days of cancellation.

A student who withdraws or is dismissed after attending at least one class, but before completing 60% of the instruction in the current enrollment period, is entitled to a pro rata refund as follows:

At Least	But Less Than	Refund Of Tuition
1 unit/class	10%	90%
10%	20%	80%
20%	30%	70%
30%	40%	60%
40%	50%	50%
50%	60%	40%
60%	no	No refund

All refund amounts are based on the total cost of tuition. As part of this policy, the school will retain the one-time application fee of \$100. A student will receive the refund within 40 days of termination date. Any manuals, or books not given to the student at the time of their dismissal or withdrawal will remain in the possession of the training center. If a student withdraws or is dismissed before a unit is completed then that unit's manual or book will remain at the training center. It is recommended that a student schedule a time to meet with one or both Master trainers to submit and discuss his/her withdrawal from the program. The meeting and notice however are not required and a student is deemed to have provided constructive notice of withdrawal if he/she does not attend class for 3 consecutive class days.

NOTES/QUESTIONS

PSC's Pilates Teacher Training Student Policies

COMMUNICATION

Any communication will only be made between the applicant and PSC (or PSC Master Teachers). PSC (or its Master Teachers) are under no obligation to communicate with any third-party purporting to represent the applicant, unless 1) the applicant is physically unable to communicate with PSC on her or his own behalf, or 2) the third-party is the applicant's attorney.

STUDENT CONDUCT POLICY

All students are expected to act maturely and are required to respect other students and faculty members. Possession of weapons, illegal drugs, and alcohol of any kind are not allowed at any time on school property. Any violation of school policies may result in permanent dismissal from school.

LEAVE OF ABSENCE POLICY

Students who interrupt their program because of personal or family circumstances and plan to return may take a leave of absence. Failure to attend class is not equivalent to a leave of absence and students will not receive remittance unless a formal leave of absence is filed and approved. An approved leave of absence will entitle student to return to the next scheduled Program offered at the same location for the missed portion of the Program only.

DISMISSAL POLICY

Any student may be dismissed for violations of rules and regulations of the school, as set forth in the Student Contract. The PSC Master Teacher may temporarily suspend students whose conduct is disruptive or unacceptable to the academic setting. After appropriate counseling, students who demonstrate a genuine desire to learn and conform to school standards of conduct, may be allowed to resume attendance. In irresolvable circumstances, the directors, after consultation with all parties involved, will make the final decision on dismissal or re-admittance.

GRADING SYSTEM

Approximately every four weeks (6X in a Full Program / or 1X per Module) an oral/practical review ("Hat Trick") of the material is performed to monitor student's retention and execution of the material. Progress reports will be issued to students throughout the program after each review.

96 - 100	= A	Excellent
86 - 95	= B	Above Average
76 - 85	= C	Average
66 - 75	= D	Below Average
Under 65	= U	Unsatisfactory

EDUCATIONAL SERVICES

PSC provides its students with counseling, tutoring, manuals, charts, models, and videos to assist the student's completion of the program.

PROGRESS POLICY

Students must maintain a 75% grade point average on the quizzes/reviews (Total of no less than 6 quizzes/reviews in a Comprehensive Program). Those who do not will be counseled and may not pass the final exam and receive a Certificate of Completion. A non-passing grade or missing (optional or not) the Final (written OR Practical) Exam for any reason will require a re-test at a later date with a \$100 re-test fee. Additionally a project may be assigned, and/or additional hours of observation or practice may be assigned on a case-by-case basis by the Master Teacher at his/her discretion.

STUDENT GRIEVANCE PROCEDURE / POLICY

Link to Document: [Student Grievance and Non Discrimination Policy](#)

Attempting to resolve any issue with the School first is strongly encouraged.

SEXUAL HARASSMENT PROCEDURE / POLICY

Link to Document: [Sexual Harassment Policy](#)

Any of the above link documents can be provided as printed material by request.

ACCESS TO STUDENT FILES PROCEDURE / POLICY

Students may review their complete file during studio hours by requesting an appointment with the Master Teacher during normal posted business hours only. Master Teacher shall have 24 hours to respond to any request, and provide the file within 2 business days of the request.

Student files contents and access

- Completed application
- Signed Student Contract
- Signed Release of Liability
- Signed Credit Card Authorization Agreement (if applicable)
- Signed Payment Plan (if applicable)
- Signed Sexual Harassment policy
- Signed Student Grievance and Non Discrimination Policy
- All academic records (written and practical exams)
- Financial transaction records

Programs of Study: Pilates Sports Center™ Pilates Teacher Training Program

Fundamentals:

Prerequisite to the Program.
An 8 hour introduction to client assessment,, cueing, alignment and basic anatomy. Principles and philosophies of Joseph H. Pilates are also covered.



Mat Pilates:

Classical Pilates Mat with modifications, variations and props to add dimension and versatility to the repertoire.



Reformer:

Understand the diverse and complex Reformer and a full repertoire of beginner, intermediate and advanced exercises. Classical and progressive styles are taught.

Cadillac / Trapeze Table:

We will cover the full Cadillac repertoire and how it converts to the Springboard / Tower



Wunda Chair:

The chair is an advanced piece of equipment and a necessary part of any well-rounded education to become a fully prepared instructor.



Barrels:

The Ladder Barrel, Small Barrel/Baby Arc and Corrector/Clara or Step Barrel are valuable tools to assist or challenge any client

At the end of your program, take your exam to receive a Diploma. Pilates Sports Center is recognized anywhere in the world along with its incredible reputation. Become part of the PSC family More workshops???



Pilates Small Apparatus:

Learn about the Pedi-Pull, Foot & Toe Corrector, 2X4 and Sandbag. Important tools to work with your client - Pilates Sports Center offers a comprehensive workshop post graduate.

Programs of Study: *Workshops / Home Study / Hosting Education*

Workshops: PSC has written over 30 original Pilates and Barre Workshops for Pilates Professionals to expand their knowledge, earn PMA CEC's, and assist their clients with better training skills. If you are unable to attend an "In Person" Workshop at one of our locations, we can supply you with a Digital Download with a workbook for Home Study.

To see a list of all PSC Workshops: [PSC Workshop List](#)

Ready to Host Pilates Training or a Workshop at Your Facility?

Hosting Education modules make training at your facility easy.

- Just let us know the modules or workshops you are interested in hosting.
- Together, we select a date, and then schedule an instructor.
- We will even assist with the promotion of the program for you.

Our mobile education can further your education, motivate your staff, boost revenue, and draw in other professionals in your area.

See Us In Action: [PSC YouTube](#)



Programs of Study: Pilates Transition / Bridge Program

Should you wish to review, are missing some apparatus, or were unsatisfied with your education elsewhere, PSC offers a "Bridge Program". The program can accomplish two things:

1. An instructor with incomplete education may add a PSC module as outlined on Page 8 to improve your skills, earning power and your add to your credentials.
2. An instructor with an education that was unsatisfactory in any way, may wish to "re-educate" thru PSC in a comprehensive or modular program. **We offer a 50% discount** to any instructor who wishes to re-educate with us. *Discount offered only on any previously accomplished portion a program (Mat Pilates already taken? Pilates Sports Center will offer Mat Pilates at 50% off - see regular Tuition Rates Page 8) Proof of previous education required via copy of a Diploma, Certificate of Completion or Letter from the School)*
3. Only graduates of a Comprehensive Program (Pilates Mat / Reformer / Cadillac/ Chair and Barrels) will the meet criteria for, and be prepared to take, the PMA Certification Exam™

Why Bridge with PSC?

Pilates Sports Center is 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 and Turkey. 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 it's 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's respects our classic heritage, while infusing new ideas that are both science based and creative. Become part of a growing team of professionals and part of renowned training program.

Requirements to Transition/Bridge with PSC

- Application
- Payment
- PSC's Fundamentals / Philosophy ("Nuts & Bolts") Program
- Supply a certificate of completion as proof of previous education
- A Mat certificate of completion, required prior to any PSC Apparatus module
- Once prior education is verified, you will be admitted to PSC's Bridge Program.
- Once admitted to a program, all requirements will apply as outlined in this brochure to obtain a Certificate of Completion. *See pages 6, 8-10 for all requirements*

SEE US IN ACTION: [Pilates Sports Center on YouTube](#)

Programs of Study: Pilates Sports Center Pilates Master Teacher Program

Become a PSC Affiliate as a Master Teacher Teacher

As an "MT" you will begin a commitment to better the quality of Pilates Teacher Training and the lives of others. You will become a part of the rapidly expanding PSC family, and create your very own mark in this educational program. PSC's intensive Master Teacher Teacher Program has specific requirements and an application process. If you meet these requirements, we invite you to submit your application to PSC.

- You must be 5+ years teaching and a Studio owner (preferred)
- Knowledge of the PSC Teacher Training Manual, Procedures, required texts and all related materials – demonstrated by passing the MT "test out"
- Exemplary Knowledge of Physiology and Anatomy
- Current Liability Insurance
- An approved location with which to conduct all PSC courses that includes but is not limited to: Appropriate space, equipment, props, medical charts, models, props, textbooks etc. OR...have a contract in place with an existing Pilates Studio who will provide the space and equipment.
- Approved location (Outside of a territory under contract with PSC, Inc.
- Non Disclosure Agreement, and Licensing Agreement with PSC, Inc.
- Attend future PSC workshops (DVD options available)
- Willingness to participate in the PSC Business Coaching Program

Upon acceptance into the Master Teacher Program you will complete the home study via DVDs and Manual and will then attend a 3-day intensive course in Encino, CA and a series of webinars. A "test-out" will be given to verify the integration of the material. Once successfully passing the exam you are ready to launch a program!

Join Our Team [PSC Master Trainer Program Video](#)



Programs of Study: Pilates and Pregnancy Certification Program

Requirements to Attend:

- Application
- Payment
- Student Contract
- Supply a certificate of completion as proof of education (Pilates Mat / Reformer / Cadillac / Chair) OR proof of PMA CPT™

For more information contact PSC at info@PilatesSportsCenter.com
Or call us at 800-604-PSCI (7724) or 818-788-8112

SEE US IN ACTION: [Pilates Sports Center on YouTube](#)

Pilates and Pregnancy Workshop and Certification Program Description:
This 10+ hour program

The class size is limited to achieve a high level of attention and service.

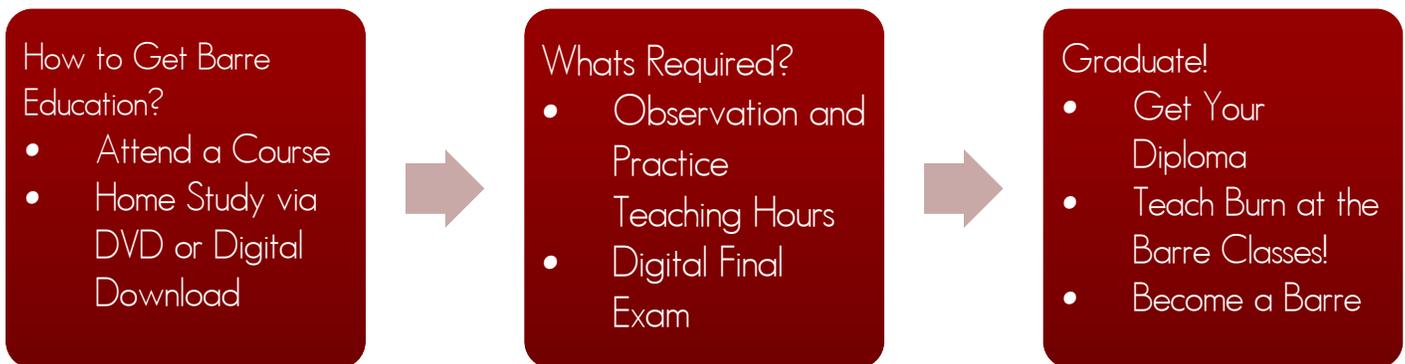
A fully photographic Manual will be provided

Each student will learn:

- Pilates Mat / Reformer / Cadillac / Chair Repertoire with modifications and variations for the Pre Post Natal Client
- Medical anatomical terminology
- Ethics and scope of practice
- Understanding indications and contraindications for the Pre-Post Natal Client
- Completion of the PSC program does not *guarantee* employment or PMA Certification.



Programs of Study: Burn at the Barre™ Teacher Training Program



What is “The Burn at the Barre™” Workout?

Based on a fusion of Pilates and classic barre techniques, we have created an efficient and safe program that focuses on proper form. It is the perfect blend of deep muscle toning with resistance, the grace of ballet, the flexibility of yoga, and the core strengthening of Pilates.

What Are the “The Burn at the Barre™” Level I & II Workouts?

Level I is a structured, easy-to-follow pre-choreographed 55-minute class routine designed in a specific sequence to burn fat and build strength and stamina through intervals of sprint and recovery. We achieve deep muscle toning with weights, balls, barre and floor work along with intervals of fat-blasting cardio segments with NO impact! We incorporate flexibility to keep those muscles long and lean. No dance experience is required to sculpt your body with this class! All levels are possible with the interchangeable blocks in this class.

Level II we dial up the intensity and add more advanced variations in a 55-minute class with weights, and bands, longer barre work segments and floor work along with intervals of fat-blasting cardio segments with NO impact! We incorporate flexibility and core for the more advanced clients.



Programs of Study: **Burn at the Barre™** Master Teacher Trainer Program

What are the requirements to become a PSC Barre™ Master Trainer?

- Exemplary knowledge of the PSC Burn at the Barre™ Teacher Training Manual, and DVD materials
 - Exemplary knowledge of the Nuts and Bolts portion of the program.
- Accomplishment of all Observation/Self Integration/Practice teaching Hours
 - Accomplishment of the written exam & the video test out

What is the Cost to become a Master Trainer?

\$900.00 (does NOT include: \$25 application fee – nonrefundable)

Discover how easy it is to get a return on the \$900.00 investment with only 6 students.

6 students = \$3,294.00 in revenue at a 70/30 split = \$2,305.00 back to the Licensee immediately.

How long is the Master Teacher course?

Take the 2 day course OR self-paced home study on DVD/digital download along with the PSC Manual.

What is my revenue stream possibility?

The PSC/MT total revenue split is 70/30% in your favor. Imagine increasing your Studio revenue by up to \$4,500.00 per Program or more!

Upon completion of the MT Intensive Program how do I launch my first Teacher Training Program?

Set your program dates and hours so that marketing can begin. PSC will be available to support you.

Marketing is covered during the course. PSC business support is ongoing as needed.

How do I benefit from the PSC relationship?

PSC DVD's and products will be made available to you wholesale

We will promote your Studio and drive clients and students to your location with our strong web presence and SEO optimization. PSC advertises its programs in print and digital media year-round.

Support by experienced fitness professionals and successful business partners with PSC's team.

The Burn at the Barre Program is the only one of its kind that allows graduates to move freely with their new skills without licensing fees, contracts, or restrictions.

Pilates Sports Center Affiliates & Bios Worldwide

Bios of all Pilates Sports Center Master Teacher

Directory of PSC Pilates and Burn at the Barre™
Affiliates National and International

LINKS BELOW

[PSC Affiliates Bios and Locations Worldwide](#)

On the Pilates Sports Center Website - side tab Pilates Sports Center Affiliate Bios

Any of the link documents in this Brochure can be provided as printed material by request.

