



The exclusive STOTT PILATES® Licensed Training Center in Texas

www.pilatessouthtexas.com

Training Center Address:

CENTER POSE, INC. d/b/a PILATES SOUTH TEXAS
1934 West Gray, Suite 211
Houston, TX 77019

Contact Information:

Chau Pham-Kid, Owner & Lead Instructor Trainer
(888) 838-3664, ext. 2
info@pilatessouthtexas.com

IN-STUDIO STOTT PILATES® Continuing Education - 2022

Schedule: Central Standard Time

Prerequisites: None

Continuing Education Credits: 0.1 STOTT PILATES®, 0.1 ACE® and 1.0 NPCP per hour

STOTT PILATES® Workshops on Saturday, September 17th:

- (1) STOTT PILATES® Conditioning for Golf & Rotational Power on V2 Max Plus™ Reformer
11:00 AM - 1:00 PM Central Time
0.2 CECs
- (2) STOTT PILATES® Essential Matwork with a Fascial Focus
1:30 PM - 3:30 PM Central Time
0.2 CECs
- (3) STOTT PILATES® Athletic Conditioning on the Stability Chair™, Level 2
4:00 PM - 6:00 PM Central Time
0.2 CECs

The full description and fee for each workshop is on Pilates South Texas Online Scheduler.

Dates and times are subject to change. Visit www.pilatessouthtexas.com to verify dates and times.

Thank you for choosing us as your STOTT PILATES® education source.