



The exclusive STOTT PILATES® Licensed Training Center in Texas

www.pilatessouthtexas.com

Training Center Address:

CENTER POSE, INC. d/b/a PILATES SOUTH TEXAS
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VIRTUAL STOTT PILATES® Continuing Education - 2022

Schedule: Central Time

Prerequisites: None
Continuing Education Credits: 0.1 STOTT PILATES®, 0.1 ACE® and 1.0 NPCP per workshop

STOTT PILATES® NEW* Workshops on Friday, April 22nd:

- (1) * **STOTT PILATES® Beyond the Biomechanical Principles**
2:00 PM - 5:00 PM Central Time
0.3 CECs
- (2) STOTT PILATES® Stability Chair™ Flow Workout
5:30 PM - 7:30 PM Central Time
0.2 CECs

STOTT PILATES® NEW* Workshops on Saturday, April 23rd:

- (1) * **STOTT PILATES® Experience Movement to Improve Awareness & Teaching**
12:00 PM - 3:00 PM Central Time
0.3 CECs
- (2) STOTT PILATES® Interval Training on Jumpboard or Cardio-Tramp®, Level 2
3:30 PM - 5:30 PM Central Time
0.2 CECs

STOTT PILATES® Workshops on Sunday, May 15th:

- (1) STOTT PILATES® Reformer with Padded Platform Extender
9:00 AM - 11:00 AM Central Time
0.2 CECs

STOTT PILATES® Workshops on Saturday, June 4th:

- (1) STOTT PILATES® Mini Foam Roller™ Flow
12:00 PM - 2:00 PM Central Time
0.2 CECs

STOTT PILATES® Workshops on Sunday, July 17th:

- (1) STOTT PILATES® Conditioning for Golf & Rotational Power on the Mat
11:00 AM - 1:00 PM Central Time
0.2 CECs

STOTT PILATES® NEW* Workshops on TBA:

- (1) * **STOTT PILATES® Beyond the Biomechanical Principles**
2:00 PM - 5:00 PM Central Time
0.3 CECs

STOTT PILATES® NEW* Workshops on TBA:

- (1) * **STOTT PILATES® Experience Movement to Improve Awareness & Teaching**
12:00 PM - 3:00 PM Central Time
0.3 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.