



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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STOTT PILATES® INTENSIVE PROGRAMS (Level 1)

Schedule: Central Time

IMP - Intensive Mat-Plus™, 2nd Edition (40 hrs)
Prerequisites: Desire to learn & instruct the STOTT PILATES® Method
Continuing Education Credits: STOTT PILATES®, ACE®, NPCP

10 Days, 40 Hours In-Studio
Feb 17-18, 2023: Fri, Sat 4:00 PM - 8:00 PM
Feb 19, 2023: Sun 2:00 PM - 6:00 PM
Feb 20, 2023: Mon 4:00 PM - 8:00 PM
Feb 23-25, 2023: Thu, Fri, Sat 4:00 PM - 8:00 PM
Feb 26, 2023: Sun 2:00 PM - 6:00 PM
Feb 27, 2023: Mon 4:00 PM - 8:00 PM
Feb 28, 2023: Tue 2:00 PM - 6:00 PM

STOTT PILATES® ADVANCED PROGRAM (Level 2)

Schedule: Central Time

AM - Advanced Matwork (6 hrs)
Prerequisites: IMP Course
Continuing Education Credits: STOTT PILATES®, ACE®, NPCP

2 Days, 6 Hours In-Studio
Mar 3-4, 2023: Fri, Sat 4:00 PM - 7:00 PM

IR - Intensive Reformer, 2nd Edition (50 hrs)
Prerequisites: Desire to learn & instruct the STOTT PILATES® Method
Continuing Education Credits: STOTT PILATES®, ACE®, NPCP

10 Days, 50 Hours In-Studio
Jan 18-21, 2023: Wed, Thu, Fri, Sat 2:00 PM - 7:30 PM
Jan 22, 2023: Sun 12:00 PM - 5:30 PM
Feb 1-4, 2023: Wed, Thu, Fri, Sat 2:00 PM - 7:30 PM
Feb 5, 2023: Sun 12:00 PM - 5:30 PM

AR - Advanced Reformer (18 hrs)
Prerequisites: IR Course
Continuing Education Credits: STOTT PILATES®, ACE®, NPCP

3 Days, 18 Hours In-Studio
Dec 9-10, 2022: Fri, Sat 12:00 PM - 6:30 PM
Dec 11, 2022: Sun 11:00 AM - 5:30 PM

3 Days, 18 Hours In-Studio
Apr 21-22, 2023: Fri, Sat 1:00 PM - 7:30 PM
Apr 23, 2023: Sun 10:00 AM - 4:30 PM

ICCB - Intensive Cadillac, Chair & Barrels (50 hrs)
Prerequisites: IMP Course or IR Course
Continuing Education Credits: STOTT PILATES®, ACE®, NPCP

ICAD - Intensive Cadillac Module (25 hrs)

5 Days, 25 Hours In-Studio
Mar 23-25, 2023: Thu, Fri, Sat 2:00 PM - 7:30 PM
Mar 26, 2023: Sun 11:00 AM - 4:30 PM
Mar 27, 2023: Mon 2:00 PM - 7:30 PM

ICHR - Intensive Chair Module (15 hrs)

3 Days, 15 Hours In-Studio
Dec 18, 2022: Sun 2:00 PM - 7:30 PM
Dec 19, 2022: Mon 1:00 PM - 7:30 PM
Dec 20, 2022: Tue 11:00 AM - 4:00 PM

3 Days, 15 Hours In-Studio
Mar 31-Apr 1, 2023: Fri, Sat 2:00 PM - 7:30 PM
Apr 2, 2023: Sun 11:00 AM - 4:30 PM

IBRL - Intensive Barrels Module (10 hrs)

2 Days, 10 Hours In-Studio
Mar 18, 2023: Sat 2:00 PM - 7:30 PM
Mar 19, 2023: Sun 11:00 AM - 4:30 PM

ACCB - Advanced Cadillac, Chair & Barrels (12 hrs)
Prerequisites: ICCB or ICAD, ICHR, IBRL (respective advanced module)
Continuing Education Credits: STOTT PILATES®, ACE®, NPCP

ACAD - Advanced Cadillac Module (6 hrs)

1 Day, 6 Hours In-Studio
Dec 1, 2022: Thu 12:00 PM - 6:30 PM

1 Day, 6 Hours In-Studio
Apr 29, 2023: Sat 12:00 PM - 6:30 PM

ACHR - Advanced Chair Module (3 hrs)

1 Day, 3 Hours In-Studio
Dec 2, 2022: Fri 12:00 PM - 3:00 PM

1 Day, 3 Hours In-Studio
Apr 30, 2023: Sun 11:00 AM - 2:00 PM

ABRL - Advanced Barrels Module (3 hrs)

1 Day, 3 Hours In-Studio
Dec 2, 2022: Fri 3:30 - 6:30 PM

1 Day, 3 Hours In-Studio
Apr 31, 2023: Sun 2:30 PM - 5:30 PM

ISP: INJURIES & SPECIAL POPULATIONS (24 hrs)
Prerequisites: IMP Course or IR Course
Continuing Education Credits: 2.4 STOTT PILATES®, 2.4 ACE®, 24 NPCP

4 Days, 24 Hours In-Studio
Apr 13-15, 2023: Thu, Fri, Sat 1:00 PM - 7:30 PM
Apr 16, 2023: Sun 10:00 AM - 4:30 PM

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.