



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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Houston, TX 77019

Contact Information:

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VIRTUAL STOTT PILATES® Continuing Education

Schedule: Central Time

Prerequisites: None

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

STOTT PILATES® Workshops on Saturday, December 17, 2022:

- (1) **STOTT PILATES® Bodyweight Training**
12:00 PM - 2:15 PM Central Time
0.2 CECs
- (2) **STOTT PILATES® Athletic Conditioning on Mat**
2:30 PM - 5:15 PM Central Time
0.2 CECs

STOTT PILATES® Workshop on Saturday, January 7, 2023:

- (1) **STOTT PILATES® Conditioning for Golf & Rotational Power on the Mat**
10:00 AM - 12:15 PM Central Time
0.2 CECs
- (2) **STOTT PILATES® Athletic Conditioning on Reformer, Level 1**
12:30 PM - 2:45 PM Central Time
0.2 CECs
- (3) **STOTT PILATES® Athletic Conditioning on Arc Barrel or Stability Barrel™**
3:00 PM - 5:15 PM Central Time
0.2 CECs

STOTT PILATES® Workshop on Saturday, January 14, 2023:

- (1) **STOTT PILATES® Beyond the Biomechanical Principles**
1:00 PM - 4:30 PM Central Time
0.3 CECs

STOTT PILATES® Workshop on Sunday, January 15, 2023:

- (1) **STOTT PILATES® Experience Movement to Improve Awareness and Teaching**
12:00 PM - 3:30 PM Central Time
0.3 CECs

STOTT PILATES® Workshops on Sunday, March 5, 2023:

- (1) **STOTT PILATES® Mat-Plus Evolved**
10:00 AM - 2:30 PM Central Time
0.4 CECs
- (2) **STOTT PILATES® Twist Ball™ Workout**
2:30 PM - 4:45 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.