



The exclusive STOTT PILATES® Licensed Training Center in Texas

[www.pilatessouthtexas.com](http://www.pilatessouthtexas.com)

Training Center Address:

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**STOTT PILATES® INTENSIVE PROGRAMS (Level 1)**

**Schedule:** Central Time

**STOTT PILATES® ADVANCED PROGRAM (Level 2)**

**Schedule:** Central Time

<p><b>IMP - Intensive Mat-Plus™, 2<sup>nd</sup> Edition (40 hrs)</b>  <b>Prerequisites:</b> Knowledge of functional anatomy &amp; 30+ hours of Pilates classes  <b>Continuing Education Credits:</b> 4.0 STOTT PILATES®, 4.0 ACE®, 40 NPCP</p> <p><u>10 Days, 40 Hours Virtual</u>  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</p>	<p><b>AM - Advanced Matwork (6 hrs)</b>  <b>Prerequisites:</b> IMP Course  <b>Continuing Education Credits:</b> 0.6 STOTT PILATES®, 0.6 ACE®, 6 NPCP</p> <p><u>2 Days, 6 Hours Virtual</u>  Mar 3-4, 2023: Fri, Sat 4:00 PM - 7:00 PM</p>
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