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
Schedule: Central Time

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

STOTT PILATES® Workshops on Sunday, June 4, 2023:

(1) **STOTT PILATES® Mat-Plus Evolved**
10:00 AM - 2:30 PM Central Time
0.4 CECs

(2) **STOTT PILATES® Twist Ball™ Workout**
3:00 PM - 5:30 PM Central Time
0.2 CECs

STOTT PILATES® Workshops on Saturday, June 17, 2023:

(1) **STOTT PILATES® Group Stability Chair™ Classes: Teaching Skills & Programming Choice**
12:00 PM - 2:15 PM Central Time
0.2 CECs

(2) **STOTT PILATES® Stability Chair™ for the Older Adult**
2:30 PM - 4:45 PM Central Time
0.2 CECs

(2) **STOTT PILATES® Mini Foam Roller™ Flow**
5:00 PM - 7:15 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.