



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:

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IN-STUDIO STOTT PILATES® Continuing Education

Schedule: Central Time Zone

Prerequisites: None

Continuing Education Credits: 0.1 STOTT PILATES®, 0.1 ACE® and 1.0 NCP per hour

STOTT PILATES® Workshops on Sunday, October 1, 2023:

(1) **STOTT PILATES® Ultimate Back Care**

9:00 AM - 1:45 PM Central Time
0.4 CECs

(2) **STOTT PILATES® Conditioning for Golf & Rotational Power on the V2 Max Plus™ Reformer**

2:00 PM - 4:30 PM Central Time
0.2 CECs

STOTT PILATES® Workshops on Sunday, October 29, 2023:

(1) **STOTT PILATES® Conditioning for Golf & Rotational Power on the Mat**

10:00 AM - 12:30 PM Central Time
0.2 CECs

(2) **STOTT PILATES® Athletic Conditioning with Fitness Circle®**

1:00 PM - 3:30 PM Central Time
0.2 CECs

(3) **STOTT PILATES® Reformer Workout for Men**

4:00 PM - 6:30 PM Central Time
0.2 CECs

STOTT PILATES® Workshops on Sunday, December 10, 2023:

(1) **STOTT PILATES®**

TBA

STOTT PILATES® Workshops on Sunday, March 10, 2024:

(1) **STOTT PILATES®**

TBA

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.