



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

STOTT PILATES® INTENSIVE PROGRAMS (Level 1)

Schedule: Central Time Zone

<p>IMP - Intensive Mat-Plus™, 2nd Edition (40 hrs) Prerequisites: Desire to learn & instruct the STOTT PILATES® Method</p> <p><u>10 Days, 40 Hours Virtual</u> Sept 15-16, 2023: Fri, Sat 4:00 PM - 8:30 PM Sept 17, 2023: Sun 2:00 PM - 6:30 PM Sept 18, 2023: Mon 4:00 PM - 8:30 PM Sept 21-23, 2023: Thu, Fri, Sat 4:00 PM - 8:30 PM Sept 24, 2023: Sun 2:00 PM - 6:30 PM Sept 25, 2023: Mon 4:00 PM - 8:30 PM Sept 26, 2023: Tue 1:00 PM - 5:30 PM</p> <p><u>10 Days, 40 Hours Virtual</u> Jan 18-19, 2024: Thu, Fri 3:00 PM - 7:30 PM Jan 20-21, 2024: Sat, Sun 2:00 PM - 6:30 PM Jan 26, 2024: Fri 3:00 PM - 7:30 PM Jan 27-28, 2024: Sat, Sun 2:00 PM - 6:30 PM Feb 2, 2024: Fri 3:00 PM - 7:30 PM Feb 3-4, 2024: Sat, Sun 2:00 PM - 6:30 PM</p>	<p>AM - Advanced Matwork (6 hrs) Prerequisites: IMP Course</p> <p><u>2 Days, 6 Hours Virtual</u> Sept 29-30, 2023: Fri, Sat 4:00 PM - 7:30 PM</p> <p><u>2 Days, 6 Hours Virtual</u> Feb 9-10, 2024: Fri, Sat 1:00 PM - 4:30 PM</p>
--	---

STOTT PILATES® ADVANCED PROGRAM (Level 2)

Schedule: Central Time Zone

Exam Prep & Programming Tools

Schedule: Central Time Zone

<p>Functional Anatomy for Conscious Movement (20 hrs) Prerequisites: Desire to learn & integrate with confidence</p> <p><u>4 Days, 20 Hours Virtual</u> Sept 9-10, 2023: Sat, Sun 10:00 AM - 3:30 PM Sept 16-17, 2023: Sat, Sun 10:00 AM - 3:30 PM</p> <p><u>4 Days, 20 Hours Virtual</u> Jan 6-7, 2024: Sat, Sun 12:00 PM - 5:30 PM Jan 12-13, 2024: Fri, Sat 12:00 PM - 5:30 PM</p>
--

<p>Postural Analysis & Programming Suggestions for Beneficial Movement (12 hrs) Prerequisites: Desire to learn & integrate with confidence</p> <p><u>2 Days, 12 Hours Virtual</u> Dec 8-9, 2023: Fri, Sat 1:00 PM - 7:30 PM</p>
