



The exclusive STOTT PILATES® Licensed Training Center in Texas

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

**IMP - Intensive Mat-Plus™, 2<sup>nd</sup> Edition (40 hrs)**  
**Prerequisites:** Desire to learn & instruct the STOTT PILATES® Method

10 Days, 40 Hours (+ 30 minutes buffer time per session) **In-Studio**  
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

10 Days, 40 Hours (+ 30 minutes buffer time per session) **In-Studio**  
May 2-3, 2024: Thu, Fri 3:00 PM - 7:30 PM  
May 4-5, 2024: Sat, Sun 2:00 PM - 6:30 PM  
May 9-10, 2024: Thu, Fri 3:00 PM - 7:30 PM  
May 11, 2024: Sat 2:00 PM - 6:30 PM  
May 17, 2024: Fri 3:00 PM - 7:30 PM  
May 18-19, 2024: Sat, Sun 2:00 PM - 6:30 PM

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

**Schedule:** Central Time Zone

**AM - Advanced Matwork (6 hrs)**  
**Prerequisites:** IMP Course

2 Days, 6 Hours (+ 30 minutes buffer time per session) **In-Studio**  
Feb 7-8, 2024: Wed, Thu 4:00 PM - 7:30 PM

2 Days, 6 Hours (+ 30 minutes buffer time per session) **In-Studio**  
May 21-22, 2024: Tue, Wed 4:00 PM - 7:30 PM

**IR - Intensive Reformer, 2<sup>nd</sup> Edition (50 hrs)**  
**Prerequisites:** Desire to learn & instruct the STOTT PILATES® Method

10 Days, 50 Hours **In-Studio**  
Feb 15-18, 2024: Thu, Fri, Sat, Sun 2:00 PM - 7:30 PM  
Feb 23-25, 2024: Fri, Sat, Sun 2:00 PM - 7:30 PM  
Mar 1-3, 2024: Fri, Sat, Sun 2:00 PM - 7:30 PM

10 Days, 50 Hours **In-Studio**  
Jun 6-9, 2024: Thu, Fri, Sat, Sun 2:00 PM - 7:30 PM  
Jun 13-15, 2024: Thu, Fri, Sat 2:00 PM - 7:30 PM  
Jun 21-23, 2024: Fri, Sat, Sun 2:00 PM - 7:30 PM

**AR - Advanced Reformer (18 hrs)**  
**Prerequisites:** IR Course

3 Days, 18 Hours **In-Studio**  
Dec 1-2, 2023: Fri, Sat 1:00 PM - 7:30 PM  
Dec 3, 2023: Sun 12:00 PM - 6:30 PM

3 Days, 18 Hours **In-Studio**  
Apr 26-27, 2024: Fri, Sat 1:00 PM - 7:30 PM  
Apr 28, 2024: Sun 12:00 PM - 6:30 PM

3 Days, 18 Hours **In-Studio**  
Jul 26-27, 2024: Fri, Sat 1:00 PM - 7:30 PM  
Jul 28, 2024: Sun 12:00 PM - 6:30 PM



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

**Schedule:** Central Time Zone

**ICCB - Intensive Cadillac, Chair & Barrels (50 hrs)**  
**Prerequisites:** IMP Course or IR Course

**ICAD - Intensive Cadillac Module (25 hrs)**

5 Days, 25 Hours **In-Studio**

Mar 15-17, 2024: Fri, Sat, Sun 2:00 PM - 7:30 PM  
Mar 23-24, 2024: Sat, Sun 2:00 PM - 7:30 PM

5 Days, 25 Hours **In-Studio**

Aug 2-4, 2024: Fri, Sat, Sun 2:00 PM - 7:30 PM  
Aug 10-11, 2024: Sat, Sun 2:00 PM - 7:30 PM

**ICHR - Intensive Chair Module (15 hrs)**

3 Days, 15 Hours **In-Studio**

Apr 5-7, 2024: Fri, Sat, Sun 2:00 PM - 7:30 PM

3 Days, 15 Hours **In-Studio**

Aug 16-18, 2024: Fri, Sat, Sun 2:00 PM - 7:30 PM

**IBRL - Intensive Barrels Module (10 hrs)**

2 Days, 10 Hours **In-Studio**

Apr 13-14, 2024: Sat, Sun 8:00 AM - 1:30 PM

2 Days, 10 Hours **In-Studio**

Aug 24-25, 2024: Sat, Sun 2:00 PM - 7:30 PM

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

**Schedule:** Central Time Zone

**ACCB - Advanced Cadillac, Chair & Barrels (12 hrs)**  
**Prerequisites:** ICCB or ICAD, ICHR, IBRL (respective advanced module)

**ACAD - Advanced Cadillac Module (6 hrs)**

1 Day, 6 Hours **In-Studio**

Jun 1, 2024: Sat 1:00 PM - 7:30 PM

1 Day, 6 Hours **In-Studio**

Oct 19, 2024: Sat 1:00 PM - 7:30 PM

**ACHR - Advanced Chair Module (3 hrs)**

1 Day, 3 Hours **In-Studio**

Jun 2, 2024: Sun 12:00 PM - 3:00 PM

1 Day, 3 Hours **In-Studio**

Oct 20, 2024: Sun 12:00 PM - 3:00 PM

**ABRL - Advanced Barrels Module (3 hrs)**

1 Day, 3 Hours **In-Studio**

Jun 2, 2024: Sun 3:30 AM - 6:30 PM

1 Day, 3 Hours **In-Studio**

Oct 20, 2024: Sun 3:30 AM - 6:30 PM

**STOTT PILATES® Course Required for Full Certification**

**Schedule:** Central Time Zone

**ISP: INJURIES & SPECIAL POPULATIONS (24 hrs)**

**Prerequisites:** IMP Course or IR Course

**Continuing Education Credits:** 2.4 STOTT PILATES®, 2.4 ACE®, 24 NPCP

4 Days, 24 Hours **In-Studio**

Apr 11-12, 2024: Thu, Fri 1:00 PM - 7:30 PM

Apr 13-14, 2024: Sat, Sun 1:30 PM - 8:00 PM

4 Days, 24 Hours **In-Studio**

Nov 14-16, 2024: Thu, Fri, Sat 1:00 PM - 7:30 PM

Nov 17, 2024: Sun 12:00 PM - 6:30 PM

**Exam Prep & Programming Tools**

**Schedule:** Central Time Zone

**Functional Anatomy for Conscious Movement (20 hrs)**

**Prerequisites:** Desire to learn & integrate with confidence

4 Days, 20 Hours (+ 30 minutes buffer time per session) **In-Studio**

Jan 6-7, 2024: Sat, Sun 12:00 PM - 5:30 PM

Jan 12-13, 2024: Fri, Sat 12:00 PM - 5:30 PM

**Postural Analysis & Programming Suggestions for Beneficial Movement (12 hrs)**

**Prerequisites:** Desire to learn & integrate with confidence

2 Days, 12 Hours (+ 30 minutes buffer time per session) **In-Studio**

Mar 8-9, 2024: Fri, Sat 1:00 PM - 7:30 PM