



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  
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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 NCPD per hour

**STOTT PILATES® Workshops on Sunday, June 30, 2024:**

- (1) **STOTT PILATES® Reformer for the Older Adult, 0.2 CECs**  
9:00 AM - 11:00 AM (2 hours + 30 minutes buffer time) Central Time
- (2) **STOTT PILATES® Stability Chair™ for the Older Adult, 0.2 CECs**  
12:00 PM - 2:00 PM (2 hours + 30 minutes buffer time) Central Time
- (3) **STOTT PILATES® Prenatal Pilates on the Reformer, 0.2 CECs**  
3:00 PM - 5:00 PM (2 hours) Central Time

**STOTT PILATES® Workshops on Sunday, July 14, 2024:**

- (1) **NEW STOTT PILATES® Centered Strength with the Flex-Band®, 0.2 CECs**  
9:00 AM - 11:00 AM (2 hours + 30 minutes buffer time) Central Time
- (2) **NEW STOTT PILATES® Flowing Sequences with Conditioning Towel, 0.2 CECs, 0.2 CECs**  
12:00 PM - 2:00 PM (2 hours + 30 minutes buffer time) Central Time
- (3) **NEW STOTT PILATES® Athletic Conditioning with the Twist Ball™, 0.2 CECs**  
3:00 PM - 5:00 PM (2 hours + 30 minutes buffer time) Central Time

**STOTT PILATES® Workshops on Sunday, September 8, 2024:**

- (1) **STOTT PILATES® Experience Movement to Improve Awareness and Teaching, 0.3 CECs**  
11:00 AM - 2:00 PM (3 hours + 30 minutes buffer time) Central Time
- (2) **NEW STOTT PILATES Athletic Conditioning: Performance Enhancing Progressions and Sequences on the Reformer, 0.3 CECs**  
3:00 PM - 6:00 PM (3 hours + 30 minutes buffer time) Central Time

**STOTT PILATES® Workshops on Sunday, December 1, 2024:**

- (1) **NEW STOTT PILATES® Athletic Conditioning with the Twist Ball™, 0.2 CECs**  
11:00 AM - 1:00 PM (2 hours + 30 minutes buffer time) Central Time
- (2) **STOTT PILATES® Conditioning for Golf & Rotational Power on V2 Max Plus™ Reformer, 0.2 CECs, 0.2 CECs**  
2:00 PM - 4:00 PM (2 hours + 30 minutes buffer time) Central Time
- (3) **STOTT PILATES® Jumpboard and Cross-Bow™ Interval Training, 0.2 CECs**  
5:00 PM - 7:00 PM (2 hours + 30 minutes buffer time) Central Time

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](http://www.pilatessouthtexas.com) to verify dates and times.

Thank you for choosing us as your STOTT PILATES® education source.