



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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**VIRTUAL STOTT PILATES® Continuing Education**

**Schedule:** Central Time Zone

**Prerequisites:** None

**Continuing Education Credits:** 0.1 STOTT PILATES®, 0.1 ACE® and 1.0 NPCP 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 for virtual platform) 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 for virtual platform) 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 for virtual platform) 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 for virtual platform) 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 for virtual platform) 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 for virtual platform) 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 for virtual platform) 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 for virtual platform) 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 for virtual platform) 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 for virtual platform) 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.