



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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Contact Information:

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

Schedule: Central Time Zone

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

Schedule: Central Time Zone

<p><b>IMP - Intensive Mat-Plus™, 2<sup>nd</sup> Edition (40 hrs)</b> Prerequisites: Desire to learn &amp; instruct the STOTT PILATES® Method</p> <p><u>10 Days, 40 Hours</u> (+ 30 minutes buffer time per session) <b>In-Studio</b> May 6-8, 2024: Mon, Tue, Wed 3:00 PM - 7:30 PM May 10-11, 2024: Fri, Sat 3:00 PM - 7:30 PM May 15-19, 2024: Wed, Thu, Fri, Sat, Sun 3:00 PM - 7:30 PM</p> <p><u>10 Days, 40 Hours</u> (+ 30 minutes buffer time per session) <b>In-Studio</b> Sept 12-13, 2024: Thu, Fri 3:00 PM - 7:30 PM Sept 14-15, 2024: Sat, Sun 1:00 PM - 5:30 PM Sept 20, 2024: Fri 3:00 PM - 7:30 PM Sept 21-22, 2024: Sat, Sun 1:00 PM - 5:30 PM Sept 27, 2024: Fri 3:00 PM - 7:30 PM Sept 28-29, 2024: Sat, Sun 1:00 PM - 5:30 PM</p>	<p><b>AM - Advanced Matwork (6 hrs)</b> Prerequisites: IMP Course</p> <p><u>2 Days, 6 Hours</u> (+ 30 minutes buffer time per session) <b>In-Studio</b> May 21-22, 2024: Tue, Wed 4:00 PM - 7:30 PM</p> <p><u>2 Days, 6 Hours</u> (+ 30 minutes buffer time per session) <b>In-Studio</b> Oct 5-6, 2024: Sat, Sun 9:00 AM - 12:30 PM</p>
<p><b>IR - Intensive Reformer, 2<sup>nd</sup> Edition (50 hrs)</b> Prerequisites: Desire to learn &amp; instruct the STOTT PILATES® Method</p> <p><u>10 Days, 50 Hours</u> (+ 30 minutes break time per session) <b>In-Studio</b> 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</p> <p><u>10 Days, 50 Hours</u> (+ 30 minutes break time per session) <b>In-Studio</b> Oct 18-20, 2024: Fri, Sat, Sun 2:00 PM - 7:30 PM Oct 24-27, 2024: Thu, Fri, Sat, Sun 2:00 PM - 7:30 PM Nov 1-3, 2024: Fri, Sat, Sun 2:00 PM - 7:30 PM</p>	<p><b>AR - Advanced Reformer (18 hrs)</b> Prerequisites: IR Course</p> <p><u>3 Days, 18 Hours</u> (+ 30 minutes break time per session) <b>In-Studio</b> Apr 26-27, 2024: Fri, Sat 1:00 PM - 7:30 PM Apr 28, 2024: Sun 12:00 PM - 6:30 PM</p> <p><u>3 Days, 18 Hours</u> (+ 30 minutes break time per session) <b>In-Studio</b> Jul 26-27, 2024: Fri, Sat 1:00 PM - 7:30 PM Jul 28, 2024: Sun 12:00 PM - 6:30 PM</p> <p><u>3 Days, 18 Hours</u> (+ 30 minutes break time per session) <b>In-Studio</b> Nov 22-24, 2024: Fri, Sat, Sun 1:00 PM - 7:30 PM</p>
<p><b>ICCB - Intensive Cadillac, Chair &amp; Barrels (50 hrs)</b> Prerequisites: IMP Course or IR Course</p> <p><b>ICAD - Intensive Cadillac Module (25 hrs)</b> <u>5 Days, 25 Hours</u> (+ 30 minutes break time per session) <b>In-Studio</b> 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</p> <p><b>ICHR - Intensive Chair Module (15 hrs)</b> <u>3 Days, 15 Hours</u> (+ 30 minutes break time per session) <b>In-Studio</b> Aug 16-18, 2024: Fri, Sat, Sun 2:00 PM - 7:30 PM</p> <p><b>IBRL - Intensive Barrels Module (10 hrs)</b> <u>2 Days, 10 Hours</u> (+ 30 minutes break time per session) <b>In-Studio</b> Aug 24-25, 2024: Sat, Sun 2:00 PM - 7:30 PM</p> <p><b>IBRL - Intensive Barrels Module (10 hrs)</b> <u>2 Days, 10 Hours</u> (+ 30 minutes break time per session) <b>In-Studio</b> Aug 24-25, 2024: Sat, Sun 2:00 PM - 7:30 PM</p>	<p><b>ACCB - Advanced Cadillac, Chair &amp; Barrels (12 hrs)</b> Prerequisites: ICCB or ICAD, ICHR, IBRL (respective advanced module)</p> <p><b>ACAD - Advanced Cadillac Module (6 hrs)</b> <u>1 Day, 6 Hours</u> (+ 30 minutes break time per session) <b>In-Studio</b> Jun 1, 2024: Sat 1:00 PM - 7:30 PM</p> <p><u>1 Day, 6 Hours</u> (+ 30 minutes break time per session) <b>In-Studio</b> Oct 12, 2024: Sat 1:00 PM - 7:30 PM</p> <p><b>ACHR - Advanced Chair Module (3 hrs)</b> <u>1 Day, 3 Hours</u> <b>In-Studio</b> Jun 2, 2024: Sun 12:00 PM - 3:00 PM</p> <p><u>1 Day, 3 Hours</u> <b>In-Studio</b> Oct 13, 2024: Sun 12:00 PM - 3:00 PM</p> <p><b>ABRL - Advanced Barrels Module (3 hrs)</b> <u>1 Day, 3 Hours</u> <b>In-Studio</b> Jun 2, 2024: Sun 3:30 AM - 6:30 PM</p> <p><u>1 Day, 3 Hours</u> <b>In-Studio</b> Oct 13, 2024: Sun 3:30 AM - 6:30 PM</p>



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**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** (+ 30 minutes break time per session) **In-Studio**  
Oct 3-6, 2024: Thu, Fri, Sat, Sun 1:00 PM - 7:30 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 + 30 minutes break time per session) **In-Studio**  
Jul 12-13, 2024: Fri, Sat 12:00 PM - 6:00 PM  
Jul 20-21, 2024: Sat, Sun 12:00 PM - 6:00 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 + 30 minutes break time per session) **In-Studio**  
Nov 9-10, 2024: Sat, Sun 12:00 PM - 7:00 PM