



The exclusive STOTT PILATES® Licensed Training Center in Texas

www.pilatessouthtexas.com

Training Center Address:

CENTER POSE, INC. d/b/a PILATES SOUTH TEXAS
3000 Wesleyan Street, Suite 105
Houston, TX 77027

Contact Information:

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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 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) 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 to verify dates and times.

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