



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

Schedule: Central Time Zone

<p><b>IMP - Intensive Mat-Plus™, 2<sup>nd</sup> Edition (40 hrs)</b>  <b>Prerequisites:</b> Desire to learn &amp; instruct the STOTT PILATES® Method</p> <p><u>10 Days, 40 Hours</u> (+ 30 minutes buffer time for virtual platform per session) <b>Virtual</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 for virtual platform per session) <b>Virtual</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>
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**STOTT PILATES® ADVANCED PROGRAM (Level 2)**

Schedule: Central Time Zone

<p><b>AM - Advanced Matwork (6 hrs)</b>  <b>Prerequisites:</b> IMP Course</p> <p><u>2 Days, 6 Hours</u> (+ 30 minutes buffer time for virtual platform per session) <b>Virtual</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 for virtual platform per session) <b>Virtual</b>            Oct 5-6, 2024: Sat, Sun 9:00 AM - 12:30 PM</p>
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**Exam Prep & Programming Tools**

Schedule: Central Time Zone

<p><b>Functional Anatomy for Conscious Movement (20 hrs)</b>  <b>Prerequisites:</b> Desire to learn &amp; integrate with confidence</p> <p><u>4 Days, 20 Hours</u> (+ 30 minutes buffer time for virtual platform + 30 minutes break time per session) <b>Virtual</b>            Jul 12-13, 2024: Fri, Sat 12:00 PM - 6:00 PM            Jul 20-21, 2024: Sat, Sun 12:00 PM - 6:00 PM</p>
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<p><b>Postural Analysis &amp; Programming Suggestions for Beneficial Movement (12 hrs)</b>  <b>Prerequisites:</b> Desire to learn &amp; integrate with confidence</p> <p><u>2 Days, 12 Hours</u> (+ 30 minutes buffer time for virtual platform + 30 minutes break time per session) <b>Virtual</b>            Nov 9-10, 2024: Sat, Sun 12:00 PM - 7:00 PM</p>
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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.