



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  
3000 Wesleyan Street, Suite 105  
Houston, TX 77027

Contact Information:

Chau Pham-Kid, Owner & Lead Instructor Trainer  
(888) 838-3664, ext. 2  
info@pilatessouthtexas.com

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

Schedule: Central Time Zone

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

Schedule: Central Time Zone

**IMP - Intensive Mat-Plus™, 2<sup>nd</sup> Edition (40 hrs)**  
Prerequisites: Desire to learn & instruct the STOTT PILATES® Method  
Continuing Education Credits: 4.0 STOTT PILATES®

10 Days, 40 Hours (+ 30 minutes buffer time per session) **In-Studio**  
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

**AM - Advanced Matwork (6 hrs)**  
Prerequisites: IMP Course  
2 Days, 6 Hours (+ 30 minutes buffer time per session) **In-Studio**  
Oct 5-6, 2024: Sat, Sun 9:00 AM - 12:30 PM

**IR - Intensive Reformer, 2<sup>nd</sup> Edition (50 hrs)**  
Prerequisites: Desire to learn & instruct the STOTT PILATES® Method  
10 Days, 50 Hours (+ 30 minutes break time per session) **In-Studio**  
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

**AR - Advanced Reformer (18 hrs)**  
Prerequisites: IR Course  
3 Days, 18 Hours (+ 30 minutes break time per session) **In-Studio**  
Jul 26, 2024: Fri 1:00 PM - 5:30 PM  
Jul 27, 2024: Sat 12:00 PM - 7:30 PM  
Jul 28, 2024: Sun 11:00 AM - 6:30 PM  
3 Days, 18 Hours (+ 30 minutes break time per session) **In-Studio**  
Nov 22-24, 2024: Fri, Sat, Sun 1:00 PM - 7:30 PM

**ICCB - Intensive Cadillac, Chair & Barrels (50 hrs)**  
Prerequisites: IMP Course or IR Course  
**ICAD - Intensive Cadillac Module (25 hrs)**  
5 Days, 25 Hours (+ 30 minutes break time per session) **In-Studio**  
Jul 31 - Aug 4, 2024: Wed, Thu, Fri, Sat, Sun 2:00 PM - 7:30 PM

**ICHR - Intensive Chair Module (15 hrs)**  
3 Days, 15 Hours (+ 30 minutes break time per session) **In-Studio**  
Aug 16-18, 2024: Fri, Sat, Sun 2:00 PM - 7:30 PM

**IBRL - Intensive Barrels Module (10 hrs)**  
2 Days, 10 Hours (+ 30 minutes break time per session) **In-Studio**  
Aug 24-25, 2024: Sat, Sun 2:00 PM - 7:30 PM

**IBRL - Intensive Barrels Module (10 hrs)**  
2 Days, 10 Hours (+ 30 minutes break time per session) **In-Studio**  
Aug 24-25, 2024: Sat, Sun 2:00 PM - 7:30 PM

**ACCB - Advanced Cadillac, Chair & Barrels (12 hrs)**  
Prerequisites: ICCB or ICAD, ICHR, IBRL (respective advanced module)  
**ACAD - Advanced Cadillac Module (6 hrs)**  
1 Day, 6 Hours (+ 30 minutes break time per session) **In-Studio**  
Oct 12, 2024: Sat 1:00 PM - 7:30 PM

**ACHR - Advanced Chair Module (3 hrs)**  
1 Day, 3 Hours **In-Studio**  
Oct 13, 2024: Sun 12:00 PM - 3:00 PM

**ABRL - Advanced Barrels Module (3 hrs)**  
1 Day, 3 Hours **In-Studio**  
Oct 13, 2024: Sun 3:30 AM - 6:30 PM

**STOTT PILATES® Course Required for Full Certification**

Schedule: Central Time Zone

**ISP: INJURIES & SPECIAL POPULATIONS (24 hrs)**  
Prerequisites: IMP Course or IR Course  
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



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**Exam Prep & Programming Tools**

**Schedule:** Central Time Zone

**Functional Anatomy for Conscious Movement (20 hrs)**

**Prerequisites:** Desire to learn & integrate with confidence

10 Days, 20 Hours **In-Studio**

Sep 12-13, 2024: Thu, Fri 12:00 PM - 2:00 PM  
Sep 14-15, 2024: Sat, Sun 10:00 AM - 12:00 PM  
Sep 20, 2024: Fri 12:00 PM - 2:00 PM  
Sep 21-22, 2024: Sat, Sun 10:00 AM - 12:00 PM  
Sep 27, 2024: Fri 12:00 PM - 2:00 PM  
Sep 28-29, 2024: Sat, Sun 10:00 AM - 12:00 PM

**Postural Analysis & Programming Suggestions for Beneficial Movement (12 hrs)**

**Prerequisites:** Desire to learn & integrate with confidence

3 Days, 12 Hours (+ 30 minutes buffer time) **In-Studio**

Nov 15, 2024: Fri 3:00 PM - 7:30 PM  
Nov 16-17, 2024: Sat, Sun 2:00 PM - 6:30 PM