



The exclusive STOTT PILATES® Licensed Training Center in Texas

It is our objective to offer you an enjoyable and positive educational experience.

www.pilatessouthtexas.com

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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>IMP - Intensive Mat-Plus™, 2nd Edition (40 hrs) Prerequisites: Desire to learn & instruct the STOTT PILATES® Method</p> <p><u>10 Days, 40 Hours</u> (+ 30 minutes buffer time per session) In-Studio Jan 24 - 26, 2025: Fri, Sat, Sun 3:00 PM - 7:30 PM Jan 31 - Feb 2, 2025: Fri, Sat, Sun 3:00 PM - 7:30 PM Feb 8 - 9, 2025: Sat, Sun 3:00 PM - 7:30 PM Feb 15 - 16, 2025: Sat, Sun 3:00 PM - 7:30 PM</p> <p><u>10 Days, 40 Hours</u> (+ 30 minutes buffer time per session) In-Studio May 30 - Jun 1, 2025: Fri, Sat, Sun 3:00 PM - 7:30 PM Jun 6 - Jun 8, 2025: Fri, Sat, Sun 3:00 PM - 7:30 PM Jun 14 - 15, 2025: Sat, Sun 3:00 PM - 7:30 PM Jun 21 - 22, 2025: Sat, Sun 3:00 PM - 7:30 PM</p>	<p>AM - Advanced Matwork (6 hrs) Prerequisites: IMP Course</p> <p><u>1 Day, 6 Hours</u> (+ 30 minutes buffer time) In-Studio Mar 7, 2025: Fri 1:00 PM - 7:30 PM</p> <p><u>1 Day, 6 Hours</u> (+ 30 minutes buffer time) In-Studio Jun 27, 2025: Fri 1:00 PM - 7:30 PM</p>
<p>IR - Intensive Reformer, 2nd Edition (50 hrs) Prerequisites: Desire to learn & instruct the STOTT PILATES® Method</p> <p><u>10 Days, 50 Hours</u> In-Studio Feb 28 - Mar 2, 2025: Fri, Sat, Sun 2:00 PM - 7:30 PM Mar 8 - 9, 2025: Sat, Sun 2:00 PM - 7:30 PM Mar 14 - 16, 2025: Fri, Sat, Sun 2:00 PM - 7:30 PM Mar 22 - 23, 2025: Sat, Sun 2:00 PM - 7:30 PM</p> <p><u>10 Days, 50 Hours</u> In-Studio Jul 11 - 13, 2025: Fri, Sat, Sun 2:00 PM - 7:30 PM Jul 19 - 20, 2025: Sat, Sun 2:00 PM - 7:30 PM Jul 25 - 27, 2025: Fri, Sat, Sun 2:00 PM - 7:30 PM Aug 2 - 3, 2025: Sat, Sun 2:00 PM - 7:30 PM</p>	<p>AR - Advanced Reformer (18 hrs) Prerequisites: IR Course</p> <p><u>3 Days, 18 Hours</u> In-Studio May 16 - 18, 2025: Fri, Sat, Sun 1:00 PM - 7:30 PM</p> <p><u>3 Days, 18 Hours</u> In-Studio Aug 15 - 17, 2025: Fri, Sat, Sun 1:00 PM - 7:30 PM</p>
<p>ICCB - Intensive Cadillac, Chair & Barrels (50 hrs) Prerequisites: IMP Course or IR Course</p> <p>ICAD - Intensive Cadillac Module (25 hrs) Continuing Education Credits: 2.5 STOTT PILATES®</p> <p><u>5 Days, 25 Hours</u> In-Studio Mar 28 - 30, 2025: Fri, Sat, Sun 2:00 PM - 7:30 PM Apr 5 - 6, 2025: Sat, Sun 2:00 PM - 7:30 PM</p> <p>ICHR - Intensive Chair Module (15 hrs) Continuing Education Credits: 1.5 STOTT PILATES®</p> <p><u>3 Days, 15 Hours</u> In-Studio Apr 11 - 13, 2025: Fri, Sat, Sun 2:00 PM - 7:30 PM</p> <p>IBRL - Intensive Barrels Module (10 hrs) Continuing Education Credits: 1.0 STOTT PILATES®</p> <p><u>2 Days, 10 Hours</u> In-Studio Apr 18 - 19, 2025: Fri, Sat 2:00 PM - 7:30 PM</p>	<p>ACCB - Advanced Cadillac, Chair & Barrels (12 hrs) Prerequisites: ICCB or ICAD, ICHR, IBRL (respective advanced module)</p> <p>ACAD - Advanced Cadillac Module (6 hrs) Continuing Education Credits: 0.6 STOTT PILATES®</p> <p><u>1 Day, 6 Hours</u> In-Studio Apr 26, 2025: Sat 1:00 PM - 7:30 PM</p> <p>ACHR - Advanced Chair Module (3 hrs) Continuing Education Credits: 0.3 STOTT PILATES®</p> <p><u>1 Day, 3 Hours</u> In-Studio Apr 27, 2025: Sun 12:00 PM - 3:00 PM</p> <p>ABRL - Advanced Barrels Module (3 hrs) Continuing Education Credits: 0.3 STOTT PILATES®</p> <p><u>1 Day, 3 Hours</u> In-Studio Apr 27, 2025: Sun 3:00 PM - 6:00 PM</p>
<p>ISP: INJURIES & SPECIAL POPULATIONS (24 hrs) Prerequisites: IMP Course or IR Course Completion of this STOTT PILATES® Course is Required to Receive STOTT PILATES® Fully Certification Status</p> <p><u>4 Days, 24 Hours</u> In-Studio May 1 - 4, 2025: Thu, Fri, Sat, Sun 1:00 PM - 7:30 PM</p>	