



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

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

STOTT PILATES® ADVANCED PROGRAM (Level 2)

Schedule: Central Time Zone

IMP - Intensive Mat-Plus™, 2nd Edition (40 hrs)

Prerequisites: Desire to learn & instruct the STOTT PILATES® Method

10 Days, 40 Hours (+ 30 minutes buffer time per session) **Virtual**

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

10 Days, 40 Hours (+ 30 minutes buffer time per session) **Virtual**

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

AM - Advanced Matwork (6 hrs)

Prerequisites: IMP Course

1 Day, 6 Hours (+ 30 minutes buffer time) **Virtual**

Mar 7, 2025: Fri 1:00 PM - 7:30 PM

1 Day, 6 Hours (+ 30 minutes buffer time) **Virtual**

Jun 27, 2025: Fri 1:00 PM - 7:30 PM