



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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Houston, TX 77027

Contact Information:

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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

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

Nov 15-16, 2025: Sat, Sun 8:00 AM - 1:00 PM

Nov 22-23, 2025: Sat, Sun 8:00 AM - 1:00 PM

Postural Analysis & Programming Suggestions for Beneficial Movement (9 hrs)

Prerequisites: Desire to learn & integrate the biomechanical movements and sequencing with confidence

3 Days, 9 Hours **In-Studio**

TBA

IN-STUDIO STOTT PILATES® Continuing Education

Schedule: Central Time Zone

Prerequisites: None

Continuing Education Credits: STOTT PILATES®

- (1) **STOTT PILATES® Interval Training on the Jumpboard or Cardio-Tramp®, Level 2, 0.2 CECs**
Nov 1, 2025: Sat 6:00 PM - 8:00 PM
- (2) **STOTT PILATES® Conditioning for Golf & Rotational Power on the Reformer, 0.2 CECs**
Nov 30, 2025: Sun 9:00 AM - 11:30 AM
- (3) **STOTT PILATES® Superior Balance - Stability Ball, Level 4, 0.2 CECs**
Nov 30, 2025: Sun 11:30 AM - 2:00 PM
- (4) **STOTT PILATES® Intense Sculpting Challenge - Flex-Band®, Level 4, 0.2 CECs**
Nov 30, 2025: Sun 2:00 PM - 4:30 PM
- (5) **STOTT PILATES® Mini Foam Roller™ Flow, 0.2 CECs**
Dec 6, 2025: Sat 12:00 PM - 2:30 PM
- (6) **STOTT PILATES® Conditioning for Golf & Rotational Power with Weights, 0.2 CECs**
Dec 6, 2025: Sat 2:30 PM - 5:00 PM
- (7) **STOTT PILATES® Pickleball Performance Training on V2 Max Plus Reformer, 0.2 CECs**
Dec 6, 2025: Sat 5:00 PM - 7:30 PM
- (8) **STOTT PILATES® Conditioning for Golf & Rotational Power on the Mat, 0.2 CECs**
Dec 21, 2025: Sun 10:00 AM - 12:30 PM
- (9) **STOTT PILATES® Reformer with Fitness Circle®, 0.2 CECs**
Dec 21, 2025: Sun 1:00 PM - 3:30 PM
- (10) **STOTT PILATES® Athletic Conditioning on Stability Cushions™, 0.2 CECs**
Dec 21, 2025: Sun 4:00 PM - 6:30 PM
- (11) **STOTT PILATES® Reformer Workout for Men, 0.2 CECs**
Jan 18, 2026: Sun 9:00 AM - 11:30 AM
- (12) **STOTT PILATES® Athletic Conditioning with the Twist Ball™, 0.2 CECs**
Jan 18, 2026: Sun 12:00 PM - 2:30 PM
- (13) **STOTT PILATES® Athletic Conditioning on Stability Chair™, Level 1, 0.2 CECs**
Jan 18, 2026: Sun 3:00 PM - 5:30 PM

The full description and fee for each workshop is on Pilates South Texas Online Scheduler.

IN-STUDIO TOTAL BARRE® Continuing Education

Schedule: Central Time Zone

Prerequisites: None

Continuing Education Credits: STOTT PILATES®

- (1) **Total Barre® Instructor Foundation Course, Level 1, 0.7 CECs**
Nov 2, 2025: Sun 9:00 AM - 4:30 PM

The full description and fee for each workshop is on Pilates South Texas Online Scheduler.