



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
3000 Wesleyan Street, Suite 111
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™, 2nd Edition (40 hrs) Prerequisites: Desire to learn the STOTT PILATES® Principles while incorporating the biomechanical movements and sequencing <u>11 Days, 40 Hours</u> (+ 30 minutes buffer time per session) In-Studio Jan 29 - 30, 2026: Thu, Fri 5:00 PM - 8:30 PM Jan 31 - Feb 1, 2026: Sat, Sun 2:00 PM - 6:30 PM Feb 5 - 6, 2026: Thu, Fri 5:00 PM - 8:30 PM Feb 7 - 8, 2026: Sat, Sun 2:00 PM - 6:30 PM Feb 13, 2026: Fri 4:00 PM - 8:30 PM Feb 14 - 15, 2026: Sat, Sun 2:00 PM - 6:30 PM <u>11 Days, 40 Hours</u> (+ 30 minutes buffer time per session) In-Studio Jun 4 - 5, 2026: Thu, Fri 5:00 PM - 8:30 PM Jun 6 - 7, 2026: Sat, Sun 2:00 PM - 6:30 PM Jun 11 - 12, 2026: Thu, Fri 5:00 PM - 8:30 PM Jun 13 - 14, 2026: Sat, Sun 2:00 PM - 6:30 PM Jun 19, 2026: Fri 4:00 PM - 8:30 PM Jun 20 - 21, 2026: Sat, Sun 2:00 PM - 6:30 PM <u>11 Days, 40 Hours</u> (+ 30 minutes buffer time per session) In-Studio Sep 17 - 18, 2026: Thu, Fri 5:00 PM - 8:30 PM Sep 19 - 20, 2026: Sat, Sun 2:00 PM - 6:30 PM Sep 24 - 25, 2026: Thu, Fri 5:00 PM - 8:30 PM Sep 26 - 27, 2026: Sat, Sun 2:00 PM - 6:30 PM Oct 2, 2026: Fri 4:00 PM - 8:30 PM Oct 3 - 4, 2026: Sat, Sun 2:00 PM - 6:30 PM	AM - Advanced Matwork (6 hrs) Prerequisites: IMP Course <u>1 Day, 6 Hours</u> (+ 30 minutes buffer time) In-Studio Mar 14, 2026: Sat 1:00 PM - 7:30 PM <u>1 Day, 6 Hours</u> (+ 30 minutes buffer time) In-Studio Jun 27, 2026: Sat 1:00 PM - 7:30 PM <u>1 Day, 6 Hours</u> (+ 30 minutes buffer time) In-Studio Nov 7, 2026: Sat 1:00 PM - 7:30 PM
IR - Intensive Reformer, 2nd Edition (50 hrs) Prerequisites: Desire to learn the STOTT PILATES® Principles while incorporating the biomechanical movements and sequencing <u>10 Days, 50 Hours</u> In-Studio Feb 20, 2026: Fri 3:00 PM - 8:30 PM Feb 21 - 22, 2026: Sat, Sun 2:00 PM - 7:30 PM Feb 26 - 27, 2026: Thu, Fri 3:00 PM - 8:30 PM Feb 28 - Mar 1, 2026: Sat, Sun 2:00 PM - 7:30 PM Mar 6, 2026: Fri 3:00 PM - 8:30 PM Mar 7 - 8, 2026: Sat, Sun 2:00 PM - 7:30 PM <u>10 Days, 50 Hours</u> In-Studio Jul 10, 2026: Fri 3:00 PM - 8:30 PM Jul 11 - 12, 2026: Sat, Sun 2:00 PM - 7:30 PM Jul 16 - 17, 2026: Thu, Fri 3:00 PM - 8:30 PM Jul 18 - 19, 2026: Sat, Sun 2:00 PM - 7:30 PM Jul 24, 2026: Fri 3:00 PM - 8:30 PM Jul 25 - 26, 2026: Sat, Sun 2:00 PM - 7:30 PM <u>10 Days, 50 Hours</u> In-Studio Oct 16, 2026: Fri 3:00 PM - 8:30 PM Oct 17 - 18, 2026: Sat, Sun 2:00 PM - 7:30 PM Oct 22 - 23, 2026: Thu, Fri 3:00 PM - 8:30 PM Oct 24 - 25, 2026: Sat, Sun 2:00 PM - 7:30 PM Oct 30, 2026: Fri 3:00 PM - 8:30 PM Oct 31 - Nov 1, 2026: Sat, Sun 2:00 PM - 7:30 PM	AR - Advanced Reformer (18 hrs) Prerequisites: IR Course <u>3 Days, 18 Hours</u> In-Studio Dec 12 - 14, 2025: Fri, Sat, Sun 1:00 PM - 7:30 PM <u>3 Days, 18 Hours</u> In-Studio Apr 10 - 12, 2026: Fri, Sat, Sun 1:00 PM - 7:30 PM <u>3 Days, 18 Hours</u> In-Studio Aug 21 - 23, 2026: Fri, Sat, Sun 1:00 PM - 7:30 PM <u>3 Days, 18 Hours</u> In-Studio Nov 13 - 15, 2026: Fri, Sat, Sun 1:00 PM - 7:30 PM



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Schedule: Central Time Zone

STOTT PILATES® ADVANCED PROGRAM (Level 2)

Schedule: Central Time Zone

ICCB - Intensive Cadillac, Chair & Barrels (50 hrs) Prerequisites: IMP Course or IR Course ICAD - Intensive Cadillac Module (25 hrs) Continuing Education Credits: 2.5 STOTT PILATES® <u>4 Days, 25 Hours In-Studio</u> Nov 20 - 21, 2025: Thu, Fri 1:00 PM - 7:30 PM Nov 22 - 23, 2025: Sat, Sun 1:00 PM - 8:00 PM <u>5 Days, 25 Hours In-Studio</u> Mar 18 - 20, 2026: Wed, Thu, Fri 3:00 PM - 8:30 PM Mar 21 - 22, 2026: Sat, Sun 2:00 PM - 7:30 PM <u>5 Days, 25 Hours In-Studio</u> Aug 5 - 7, 2026: Wed, Thu, Fri 3:00 PM - 8:30 PM Aug 8 - 9, 2026: Sat, Sun 2:00 PM - 7:30 PM ICHR - Intensive Chair Module (15 hrs) Continuing Education Credits: 1.5 STOTT PILATES® <u>3 Days, 15 Hours In-Studio</u> Nov 14 - 16, 2025: Fri, Sat, Sun 2:00 PM - 7:30 PM <u>3 Days, 15 Hours In-Studio</u> Mar 25 - 27, 2026: Wed, Thu, Fri 3:00 PM - 8:30 PM <u>3 Days, 15 Hours In-Studio</u> Aug 12 - 14, 2026: Wed, Thu, Fri 3:00 PM - 8:30 PM IBRL - Intensive Barrels Module (10 hrs) Continuing Education Credits: 1.0 STOTT PILATES® <u>2 Days, 10 Hours In-Studio</u> Dec 5, 2025: Fri 6:00 PM - 9:00 PM Dec 7, 2025: Sun 12:00 PM - 7:30 PM <u>2 Days, 10 Hours In-Studio</u> Mar 28 - 29, 2026: Sat, Sun 2:00 PM - 7:30 PM <u>2 Days, 10 Hours In-Studio</u> Aug 15 - 16, 2026: 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) Continuing Education Credits: 0.6 STOTT PILATES® <u>1 Day, 6 Hours In-Studio</u> Dec 19, 2025: Fri 1:00 PM - 7:30 PM <u>1 Day, 6 Hours In-Studio</u> Apr 18, 2026: Sat 1:00 PM - 7:30 PM <u>1 Day, 6 Hours In-Studio</u> Aug 29, 2026: Sat 1:00 PM - 7:30 PM ACHR - Advanced Chair Module (3 hrs) Continuing Education Credits: 0.3 STOTT PILATES® <u>1 Day, 3 Hours In-Studio</u> Dec 20, 2025: Sun 1:00 PM - 4:00 PM <u>1 Day, 3 Hours In-Studio</u> Apr 19, 2026: Sun 1:00 PM - 4:00 PM <u>1 Day, 3 Hours In-Studio</u> Aug 30, 2026: Sun 1:00 PM - 4:00 PM ABRL - Advanced Barrels Module (3 hrs) Continuing Education Credits: 0.3 STOTT PILATES® <u>1 Day, 3 Hours In-Studio</u> Dec 20, 2025: Sat 4:00 PM - 7:00 PM <u>1 Day, 3 Hours In-Studio</u> Apr 19, 2026: Sun 4:00 PM - 7:00 PM <u>1 Day, 3 Hours In-Studio</u> Aug 30, 2026: Sun 4:00 PM - 7:00 PM
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 <u>4 Days, 24 Hours In-Studio</u> Apr 30 - May 1, 2026: Thu, Fri 2:00 PM - 8:30 PM May 2 - 3, 2026: Sat, Sun 1:00 PM - 7:30 PM <u>4 Days, 24 Hours In-Studio</u> Oct 9 - 10, 2026: Thu, Fri 2:00 PM - 8:30 PM Oct 11 - 12, 2026: Sat, Sun 1:00 PM - 7:30 PM	