



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

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) Virtual 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 - 6:30 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) Virtual 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 - 6:30 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) Virtual 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 - 6:30 PM Oct 3 - 4, 2026: Sat, Sun 2:00 PM - 6:30 PM

STOTT PILATES® ADVANCED PROGRAM (Level 2)

Schedule: Central Time Zone

AM - Advanced Matwork (6 hrs) Prerequisites: IMP Course <u>1 Day, 6 Hours</u> (+ 30 minutes buffer time) Virtual Mar 14, 2026: Sat 1:00 PM - 7:30 PM <u>1 Day, 6 Hours</u> (+ 30 minutes buffer time) Virtual Jun 27, 2026: Sat 1:00 PM - 7:30 PM <u>1 Day, 6 Hours</u> (+ 30 minutes buffer time) Virtual Nov 11, 2026: Sat 1:00 PM - 7:30 PM
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