



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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IN-STUDIO Exam Prep & Programming Tools

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

Schedule: Central Time Zone

Functional Anatomy for Conscious Movement (20 hrs)

Jan 10-11, 2026: Sat, Sun 2:00 PM - 7:30 PM
Jan 16, 2026: Fri 2:00 PM - 7:30 PM
Jan 17, 2026: Sat 8:00 AM - 1:30 PM

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

TBA 2026

IN-STUDIO STOTT PILATES® Continuing Education

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

Schedule: Central Time Zone

- (1) **STOTT PILATES® Reformer Workout for Men**, 0.2 CECs
Jan 18, 2026: Sun 9:00 AM - 11:30 AM (2 hours + 30 minutes if required)
- (2) **STOTT PILATES® Athletic Conditioning with the Twist Ball™**, 0.2 CECs
Jan 18, 2026: Sun 12:00 PM - 2:30 PM (2 hours + 30 minutes if required)
- (3) **STOTT PILATES® Athletic Conditioning on Stability Chair™, Level 1**, 0.2 CECs
Jan 18, 2026: Sun 3:00 PM - 5:30 PM (2 hours + 30 minutes if required)
- (4) **STOTT PILATES® Beyond the Biomechanical Principles**, 0.3 CECs
Feb 1, 2026: Sun 8:00 AM - 11:30 AM (3 hours + 30 minutes if required)
- (5) **STOTT PILATES® Experience Movement to Improve Awareness and Teaching**, 0.3 CECs
Feb 8, 2026: Sun 8:00 AM - 11:30 AM (3 hours + 30 minutes if required)
- (6) **STOTT PILATES® Stability Chair for the Older Adult**, 0.2 CECs
Feb 15, 2026: Sun 9:00 AM - 11:30 AM (2 hours + 30 minutes if required)
- (7) **STOTT PILATES® Reformer for the Older Adult**, 0.2 CECs
Feb 22, 2026: Sun 9:00 AM - 11:30 AM (2 hours + 30 minutes if required)
- (8) **STOTT PILATES® Flexion Free**, 0.2 CECs
Mar 1, 2026: Sun 8:00 AM - 10:30 AM (2 hours + 30 minutes if required)
- (9) **STOTT PILATES® Prenatal Pilates on the Split-Pedal Stability Chair™**, 0.2 CECs
Mar 1, 2026: Sun 10:45 AM - 1:15 PM (2 hours + 30 minutes if required)
- (10) **STOTT PILATES® Pickleball Performance Training on V2 Max Plus™ Reformer**, 0.2 CECs
Mar 8, 2026: Sun 9:00 AM - 11:30 AM (2 hours + 30 minutes if required)
- (11) **STOTT PILATES® Fitness Circle® Flow**, 0.2 CECs
Mar 22, 2026: Sun 9:00 AM - 11:30 AM (2 hours + 30 minutes if required)
- (12) **STOTT PILATES® Ultimate Back Care**, 0.4 CECs
Mar 29, 2026: Sun 9:00 AM - 1:45 PM (4 hours + 30 minutes if required)
- (13) **NEW STOTT PILATES® Reformer (To Be Announced)**, 0.2 CECs
May 17, 2026: Sun 9:00 AM - 11:30 AM (2 hours + 30 minutes if required)
- (14) **NEW STOTT PILATES® Mat (To Be Announced)**, 0.2 CECs
May 17, 2026: Sun 11:45 AM - 2:15 PM (2 hours + 30 minutes if required)
- (15) **NEW STOTT PILATES® Mat (To Be Announced)**, 0.2 CECs
May 17, 2026: Sun 2:30 PM - 5:00 PM (2 hours + 30 minutes if required)
- (16) **CECs To Be Announced**
June - December 2026

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

IN-STUDIO STOTT PILATES® Professional Development Courses

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

Schedule: Central Time Zone

- (1) **Bone Health and Exercise for Osteoporosis**, 12 hours over 2 days, 1.2 CECs
- (2) **Optimization of the Shoulder Complex**, 12 hours over 2 days, 1.2 CECs
- (3) **Programming Protocols for Breast Cancer Rehab**, 6 hours in 1 day, 0.6 CECs

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

Dates and times are subject to change. Visit www.pilatessouthtexas.com to verify dates and times.