



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

IN-STUDIO 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 if required per session) 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 if required per session) Jul 9 - 10, 2026: Thu, Fri 5:00 PM - 8:30 PM Jul 11 - 12, 2026: Sat, Sun 2:00 PM - 6:30 PM Jul 16 - 17, 2026: Thu, Fri 5:00 PM - 8:30 PM Jul 18 - 19, 2026: Sat, Sun 2:00 PM - 6:30 PM Jul 24, 2026: Fri 4:00 PM - 8:30 PM Jul 25 - 26, 2026: Sat, Sun 2:00 PM - 6:30 PM <u>11 Days, 40 Hours</u> (+ 30 minutes if required per session) Oct 29 - 30, 2026: Thu, Fri 5:00 PM - 8:30 PM Oct 31 - Nov 1, 2026: Sat, Sun 2:00 PM - 6:30 PM Nov 5 - 6, 2026: Thu, Fri 5:00 PM - 8:30 PM Nov 7 - 8, 2026: Sat, Sun 2:00 PM - 6:30 PM Nov 12 - 13, 2026: Thu, Fri 4:00 PM - 8:30 PM Nov 14, 2026: Sat 2:00 PM - 6:30 PM

IN-STUDIO STOTT PILATES® ADVANCED PROGRAM (Level 2)

Schedule: Central Time Zone

AM - Advanced Matwork (6 hrs) Prerequisites: IMP Course <u>1 Day, 6 Hours</u> Jan 17, 2026: Sat 1:00 PM - 7:30 PM <u>1 Day, 6 Hours</u> Jun 27, 2026: Sat 1:00 PM - 7:30 PM <u>1 Day, 6 Hours</u> Aug 1, 2026: Sat 1:00 PM - 7:30 PM <u>1 Day, 6 Hours</u> Nov 15, 2026: Sun 12:00 PM - 6:30 PM
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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> 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> Jun 5, 2026: Fri 3:00 PM - 8:30 PM Jun 6 - 7, 2026: Sat, Sun 2:00 PM - 7:30 PM Jun 11 - 12, 2026: Thu, Fri 3:00 PM - 8:30 PM Jun 13 - 14, 2026: Sat, Sun 2:00 PM - 7:30 PM Jun 19, 2026: Fri 3:00 PM - 8:30 PM Jun 20 - 21, 2026: Sat, Sun 2:00 PM - 7:30 PM <u>10 Days, 50 Hours</u> Sep 18, 2026: Fri 3:00 PM - 8:30 PM Sep 19 - 20, 2026: Sat, Sun 2:00 PM - 7:30 PM Sep 24 - 25, 2026: Thu, Fri 3:00 PM - 8:30 PM Sep 26 - 27, 2026: Sat, Sun 2:00 PM - 7:30 PM Oct 2, 2026: Fri 3:00 PM - 8:30 PM Oct 3 - 4, 2026: Sat, Sun 2:00 PM - 7:30 PM

AR - Advanced Reformer (18 hrs) Prerequisites: IR Course <u>3 Days, 18 Hours</u> Apr 10 - 12, 2026: Fri, Sat, Sun 1:00 PM - 7:30 PM <u>3 Days, 18 Hours</u> Aug 21 - 23, 2026: Fri, Sat, Sun 1:00 PM - 7:30 PM <u>3 Days, 18 Hours</u> Nov 20 - 22, 2026: Fri, Sat, Sun 1:00 PM - 7:30 PM
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IN-STUDIO STOTT PILATES® INTENSIVE PROGRAMS (Level 1)

Schedule: Central Time Zone

IN-STUDIO 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®

5 Days, 25 Hours

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

5 Days, 25 Hours

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

5 Days, 25 Hours

Dec 2 - 4, 2026: Wed, Thu, Fri 3:00 PM - 8:30 PM

Dec 5 - 6, 2026: Sat, Sun 2:00 PM - 7:30 PM

ICHR - Intensive Chair Module (15 hrs)

Continuing Education Credits: 1.5 STOTT PILATES®

3 Days, 15 Hours

Mar 25 - 27, 2026: Wed, Thu, Fri 3:00 PM - 8:30 PM

3 Days, 15 Hours

Aug 12 - 14, 2026: Wed, Thu, Fri 3:00 PM - 8:30 PM

3 Days, 15 Hours

Dec 9 - 11, 2026: Wed, Thu, Fri 3:00 PM - 8:30 PM

IBRL - Intensive Barrels Module (10 hrs)

Continuing Education Credits: 1.0 STOTT PILATES®

2 Days, 10 Hours

Mar 28 - 29, 2026: Sat, Sun 2:00 PM - 7:30 PM

2 Days, 10 Hours

Aug 15 - 16, 2026: Sat, Sun 2:00 PM - 7:30 PM

2 Days, 10 Hours

Dec 12 - 13, 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®

1 Day, 6 Hours

Apr 18, 2026: Sat 1:00 PM - 7:30 PM

1 Day, 6 Hours

Aug 29, 2026: Sat 1:00 PM - 7:30 PM

1 Day, 6 Hours

Dec 18, 2026: Fri 1:00 PM - 7:30 PM

ACHR - Advanced Chair Module (3 hrs)

Continuing Education Credits: 0.3 STOTT PILATES®

1 Day, 3 Hours

Apr 19, 2026: Sun 1:00 PM - 4:00 PM

1 Day, 3 Hours

Aug 30, 2026: Sun 1:00 PM - 4:00 PM

1 Day, 3 Hours

Dec 19, 2026: Sat 1:00 PM - 4:00 PM

ABRL - Advanced Barrels Module (3 hrs)

Continuing Education Credits: 0.3 STOTT PILATES®

1 Day, 3 Hours

Apr 19, 2026: Sun 4:00 PM - 7:00 PM

1 Day, 3 Hours

Aug 30, 2026: Sun 4:00 PM - 7:00 PM

1 Day, 3 Hours

Dec 19, 2026: Sat 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

4 Days, 24 Hours

Apr 23 - 24, 2026: Thu, Fri 2:00 PM - 8:30 PM

Apr 25 - 26, 2026: Sat, Sun 1:00 PM - 7:30 PM

4 Days, 24 Hours

Oct 8 - 9, 2026: Thu, Fri 2:00 PM - 8:30 PM

Oct 10 - 11, 2026: Sat, Sun 1:00 PM - 7:30 PM