



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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VIRTUAL 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

VIRTUAL 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 buffer time to accommodate potential ZOOM connection issues)

(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 buffer time to accommodate potential ZOOM connection issues)

(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 buffer time to accommodate potential ZOOM connection issues)

(4) STOTT PILATES® Beyond the Biomechanical Principles, 0.3 CECs

Feb 1, 2026: Sun 8:00 AM - 11:30 AM (3 hours + 30 minutes buffer time to accommodate potential ZOOM connection issues)

(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 buffer time to accommodate potential ZOOM connection issues)

(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 buffer time to accommodate potential ZOOM connection issues)

(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 buffer time to accommodate potential ZOOM connection issues)

(8) STOTT PILATES® Flexion Free, 0.2 CECs

Mar 1, 2026: Sun 8:00 AM - 10:30 AM (2 hours + 30 minutes buffer time to accommodate potential ZOOM connection issues)

(9) 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 buffer time to accommodate potential ZOOM connection issues)

(10) STOTT PILATES® Fitness Circle® Flow, 0.2 CECs

Mar 22, 2026: Sun 9:00 AM - 11:30 AM (2 hours + 30 minutes buffer time to accommodate potential ZOOM connection issues)

(11) STOTT PILATES® Ultimate Back Care, 0.4 CECs

Mar 29, 2026: Sun 9:00 AM - 1:45 PM (4 hours + 30 minutes buffer time to accommodate potential ZOOM connection issues)

(12) NEW STOTT PILATES® Reformer (To Be Announced), 0.2 CECs

May 17, 2026: Sun 9:00 AM - 11:30 AM (2 hours + 30 minutes buffer time to accommodate potential ZOOM connection issues)

(13) NEW STOTT PILATES® Mat (To Be Announced), 0.2 CECs

May 17, 2026: Sun 11:45 AM - 2:15 PM (2 hours + 30 minutes buffer time to accommodate potential ZOOM connection issues)

(14) NEW STOTT PILATES® Mat (To Be Announced), 0.2 CECs

May 17, 2026: Sun 2:30 PM - 5:00 PM (2 hours + 30 minutes buffer time to accommodate potential ZOOM connection issues)

(15) CECs To Be Announced

June - December 2026

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

VIRTUAL 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.