



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 STOTT PILATES® INTENSIVE PROGRAMS (Level 1)

Schedule: Central Time Zone

VIRTUAL 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

11 Days, 40 Hours (+ 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 - 6:30 PM
Feb 14 - 15, 2026: Sat, Sun 2:00 PM - 6:30 PM

11 Days, 40 Hours (+ 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

11 Days, 40 Hours (+ 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

AM - Advanced Matwork (6 hrs)

Prerequisites: IMP Course

1 Day, 6 Hours

Jan 17, 2026: Sat 1:00 PM - 7:30 PM

1 Day, 6 Hours (+ 30 minutes if required per session)

Mar 13, 2026: Fri 8:00 AM - 11:30 AM
Mar 14, 2026: Sat 8:00 AM - 11:30 AM

1 Day, 6 Hours

Jun 27, 2026: Sat 1:00 PM - 7:30 PM

1 Day, 6 Hours

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

1 Day, 6 Hours

Nov 15, 2026: Sun 12:00 PM - 6:30 PM