



## 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](http://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 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)**  
Contact to Schedule

**Postural Analysis & Programming Suggestions for Beneficial Movement (9 hrs)**  
Contact to Schedule

### 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 for the Older Adult**, 0.2 CECs  
Feb 22, 2026: Sun 9:00 AM - 11:30 AM (2 hours + 30 minutes if required)
  - (2) **STOTT PILATES® Flexion Free**, 0.2 CECs  
Mar 1, 2026: Sun 8:00 AM - 10:30 AM (2 hours + 30 minutes if required)
  - (3) **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)
  - (4) **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)
  - (5) **STOTT PILATES® Fitness Circle® Flow**, 0.2 CECs  
Mar 22, 2026: Sun 9:00 AM - 11:30 AM (2 hours + 30 minutes if required)
  - (6) **STOTT PILATES® Ultimate Back Care**, 0.4 CECs  
Mar 29, 2026: Sun 8:00 AM - 12:30 PM (4 hours + 30 minutes if required)
  - (7) **NEW CECs To Be Announced**  
May - 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.