



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:

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(888) 838-3664, ext. 2
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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)
Contact to Schedule

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

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 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® 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)
 - (4) **STOTT PILATES® Fitness Circle® Flow**, 0.2 CECs
Mar 22, 2026: Sun 9:00 AM - 11:30 AM (2 hours + 30 minutes if required)
 - (5) **STOTT PILATES® Ultimate Back Care**, 0.4 CECs
Mar 29, 2026: Sun 8:00 AM - 12:30 PM (4 hours + 30 minutes if required)
 - (6) **NEW CECs To Be Announced**
May - 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.