



## 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 STOTT PILATES® INTENSIVE PROGRAMS (Level 1)**

**Schedule:** Central Time Zone

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

**Schedule:** Central Time Zone

##### **IMP - Intensive Mat-Plus™, 2<sup>nd</sup> Edition (40 hrs)**

**Prerequisites:** Desire to learn the STOTT PILATES® Principles while incorporating the biomechanical movements and sequencing

12 Days, 40 Hours (+ 30 minutes if required per session)

Mar 12 - 14, 2026: Thu, Fri, Sat 4:00 PM - 8:30 PM

Mar 15, 2026: Sun 3:00 PM - 7:30 PM

Mar 19 - 20, 2026: Thu, Fri 12:00 PM - 3:00 PM

Mar 21 - 22, 2026: Sat, Sun 11:00 AM - 2:00 PM

Mar 26 - 29, 2026: Thu, Fri, Sat, Sun 12:00 PM - 3:00 PM

10 Days, 40 Hours

May 5 - 8, 2026: Tue, Wed, Thu, Fri 11:00 AM - 3:00 PM

May 9, 2026: Sat 3:00 PM - 7:00 PM

May 13 - 17, 2026: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM

10 Days, 40 Hours

Jun 9 - 14, 2026: Tue, Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM

Jun 17 - 20, 2026: Wed, Thu, Fri, Sat 11:00 AM - 3:00 PM

10 Days, 40 Hours

Jul 7 - 12, 2026: Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM

Jul 17 - 19, 2026: Fri, Sat, Sun 11:00 AM - 3:00 PM

Jul 24 - 26, 2026: Fri, Sat, Sun 11:00 AM - 3:00 PM

10 Days, 40 Hours

Aug 19 - 23, 2026: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM

Aug 26 - 30, 2026: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM

10 Days, 40 Hours

Sep 16 - 20, 2026: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM

Sep 23 - 27, 2026: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM

10 Days, 40 Hours

Oct 28 - Nov 1, 2026: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM

Nov 4 - 8, 2026: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM

##### **AM - Advanced Matwork (6 hrs)**

**Prerequisites:** IMP Course

1 Day, 6 Hours

Apr 4, 2026: Sat 9:00 AM - 3:30 PM

1 Day, 6 Hours

Jun 26, 2026: Fri 10:00 AM - 4:30 PM

1 Day, 6 Hours

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

1 Day, 6 Hours

Oct 2, 2026: Fri 1:00 PM - 7:30 PM

1 Day, 6 Hours

Nov 15, 2026: Sun 1:00 PM - 7:30 PM

##### **IR - Intensive Reformer, 2<sup>nd</sup> Edition (50 hrs)**

**Prerequisites:** Desire to learn the STOTT PILATES® Principles while incorporating the biomechanical movements and sequencing

10 Days, 50 Hours

Apr 10 - 12: Fri, Sat, Sun 8:00 AM - 1:30 PM

Apr 23 - 25: Thu, Fri, Sat 3:00 PM - 8:30 PM

Apr 26: Sun 1:00 PM - 6:30 PM

May 7-8: Thu, Fri 3:00 PM - 8:30 PM

May 9: Sat 9:00 AM - 2:30 PM

10 Days, 50 Hours

Jun 9 - 14, 2026: Tue, Wed, Thu, Fri, Sat, Sun 3:00 PM - 8:30 PM

Jun 17 - 20, 2026: Wed, Thu, Fri, Sat 3:00 PM - 8:30 PM

10 Days, 50 Hours

Jul 9 - 12, 2026: Thu, Fri, Sat, Sun 3:00 PM - 8:30 PM

Jul 17 - 19, 2026: Fri, Sat, Sun 3:00 PM - 8:30 PM

Jul 24 - 26, 2026: Fri, Sat, Sun 3:00 PM - 8:30 PM

10 Days, 50 Hours

Aug 19 - 23, 2026: Wed, Thu, Fri, Sat, Sun 3:00 PM - 8:30 PM

Aug 26 - 30, 2026: Wed, Thu, Fri, Sat, Sun 3:00 PM - 8:30 PM

10 Days, 50 Hours

Sep 16 - 20, 2026: Wed, Thu, Fri, Sat, Sun 3:00 PM - 8:30 PM

Sep 23 - 27, 2026: Wed, Thu, Fri, Sat, Sun 3:00 PM - 8:30 PM

10 Days, 50 Hours

Oct 28 - Nov 1, 2026: Wed, Thu, Fri, Sat, Sun 3:00 PM - 8:30 PM

Nov 4 - 8, 2026: Wed, Thu, Fri, Sat, Sun 3:00 PM - 8:30 PM

##### **AR - Advanced Reformer (18 hrs)**

**Prerequisites:** IR Course

3 Days, 18 Hours

Apr 10 - 12, 2026: Fri, Sat, Sun 1:30 PM - 8:00 PM

3 Days, 18 Hours

Aug 21 - 23, 2026: Fri, Sat, Sun 1:00 PM - 7:30 PM

3 Days, 18 Hours

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

<p><b>ICCB - Intensive Cadillac, Chair &amp; Barrels (50 hrs)</b> Prerequisites: IMP Course or IR Course</p> <p><b>ICAD - Intensive Cadillac Module (25 hrs)</b> Continuing Education Credits: 2.5 STOTT PILATES® <u>5 Days, 25 Hours</u> 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</p> <p><u>5 Days, 25 Hours</u> 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</p> <p><u>5 Days, 25 Hours</u> 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</p> <p><b>ICHR - Intensive Chair Module (15 hrs)</b> Continuing Education Credits: 1.5 STOTT PILATES® <u>3 Days, 15 Hours</u> Mar 25 - 27, 2026: Wed, Thu, Fri 3:00 PM - 8:30 PM</p> <p><u>3 Days, 15 Hours</u> Aug 12 - 14, 2026: Wed, Thu, Fri 3:00 PM - 8:30 PM</p> <p><u>3 Days, 15 Hours</u> Dec 9 - 11, 2026: Wed, Thu, Fri 3:00 PM - 8:30 PM</p> <p><b>IBRL - Intensive Barrels Module (10 hrs)</b> Continuing Education Credits: 1.0 STOTT PILATES® <u>2 Days, 10 Hours</u> Mar 28 - 29, 2026: Sat, Sun 2:00 PM - 7:30 PM</p> <p><u>2 Days, 10 Hours</u> Aug 15 - 16, 2026: Sat, Sun 2:00 PM - 7:30 PM</p> <p><u>2 Days, 10 Hours</u> Dec 12 - 13, 2026: Sat, Sun 2:00 PM - 7:30 PM</p>
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**IN-STUDIO STOTT PILATES® ADVANCED PROGRAM (Level 2)**

Schedule: Central Time Zone

<p><b>ACCB - Advanced Cadillac, Chair &amp; Barrels (12 hrs)</b> Prerequisites: ICCB or ICAD, ICHR, IBRL (respective advanced module)</p> <p><b>ACAD - Advanced Cadillac Module (6 hrs)</b> Continuing Education Credits: 0.6 STOTT PILATES® <u>1 Day, 6 Hours</u> Jun 27, 2026: Sat 10:00 AM - 4:30 PM</p> <p><u>1 Day, 6 Hours</u> Oct 3, 2026: Sat 1 :00 PM - 7:30 PM</p> <p><u>1 Day, 6 Hours</u> Dec 18, 2026: Fri 1 :00 PM - 7:30 PM</p> <p><b>ACHR - Advanced Chair Module (3 hrs)</b> Continuing Education Credits: 0.3 STOTT PILATES® <u>1 Day, 3 Hours</u> Jun 27, 2026: Sat 5:00 PM - 8:00 PM</p> <p><u>1 Day, 3 Hours</u> Oct 4, 2026: Sun 1:00 PM - 4:00 PM</p> <p><u>1 Day, 3 Hours</u> Dec 19, 2026: Sat 1:00 PM - 4:00 PM</p> <p><b>ABRL - Advanced Barrels Module (3 hrs)</b> Continuing Education Credits: 0.3 STOTT PILATES® <u>1 Day, 3 Hours</u> Jun 26, 2026: Fri 5:00 PM - 8:00 PM</p> <p><u>1 Day, 3 Hours</u> Oct 4, 2026: Sun 4:00 PM - 7:00 PM</p> <p><u>1 Day, 3 Hours</u> Dec 19, 2026: Sat 4:00 PM - 7:00 PM</p>
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<p><b>ISP: Injuries &amp; Special Populations (24 hrs)</b> Prerequisites: IMP Course or IR Course Completion of this STOTT PILATES® Course is Required to Receive STOTT PILATES® Fully Certification Status</p> <p><u>4 Days, 24 Hours</u> May 28 - 29, 2026: Thu, Fri 2:00 PM - 8:30 PM May 30 - 31, 2026: Sat, Sun 1:00 PM - 7:30 PM</p> <p><u>4 Days, 24 Hours</u> Oct 8 - 9, 2026: Thu, Fri 2:00 PM - 8:30 PM Oct 10 - 11, 2026: Sat, Sun 1:00 PM - 7:30 PM</p>
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