



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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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® Prenatal Pilates on the Mat**, 0.2 CECs
May 17, 2026: Sun 9:00 AM - 11:30 AM (2 hours + 30 minutes if required)
- (2) **STOTT PILATES® Prenatal Pilates on the Edge**, 0.2 CECs
May 17, 2026: Sun 11:30 AM - 2:00 PM (2 hours + 30 minutes if required)
- (3) **STOTT PILATES® Prenatal Matwork with Stability Ball™ & Flex-Band®**, 0.2 CECs
May 17, 2026: Sun 2:00 PM - 4:30 PM (2 hours + 30 minutes if required)
- (4) **NEW STOTT PILATES® Reformer Pilates for Active Aging Strength, Balance Longevity**, 0.2 CECs
Jun 28, 2026: Sun 9:00 AM - 11:30 PM (2 hours + 30 minutes if required)
- (5) **NEW STOTT PILATES® Deconstruction-to-Reconstruction: The Art of Teaching Complex Reformer Exercises**, 0.3 CECs
Jun 28, 2026: Sun 11:30 AM - 3:00 PM (3 hours + 30 minutes if required)
- (6) **NEW STOTT PILATES® Fitness Circle® Strength, Endurance & Recovery Flow Sequences**, 0.2 CECs
Jun 28, 2026: Sun 3:00 PM - 5:30 PM (2 hours + 30 minutes if required)

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.