



## 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:

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

**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

##### 10 Days, 40 Hours

Jul 9 - 12, 2026: Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM

Jul 18 - 19, 2026: Sat, Sun 11:00 AM - 3:00 PM

Jul 23 - 26, 2026: Thu, 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

### **VIRTUAL STOTT PILATES® ADVANCED PROGRAM (Level 2)**

**Schedule:** Central Time Zone

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

**Prerequisites:** IMP Course

##### 1 Day, 6 Hours

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

##### 2 Days, 6 Hours

Aug 8-9, 2026: Sat, Sun 11:00 AM - 2:00 PM

##### 2 Days, 6 Hours

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