



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) **NEW STOTT PILATES® Deconstruction-to-Reconstruction: The Art of Teaching Complex Reformer Exercises**, 0.3 CECs
Aug 1, 2026: Sat 2:00 PM - 5:30 PM (3 hours + 30 minutes if required)
- (2) **NEW STOTT PILATES® Reformer Pilates for Active Aging Strength, Balance Longevity**, 0.2 CECs
Aug 2, 2026: Sun 9:00 AM - 11:30 AM (2 hours + 30 minutes if required)
- (3) **NEW STOTT PILATES® Dynamic Core Control with the Mini Stability Ball™**, 0.2 CECs
Aug 2, 2026: Sun 11:30 AM - 2:00 PM (2 hours + 30 minutes if required)
- (4) **NEW STOTT PILATES® Fitness Circle® Strength, Endurance & Recovery Flow Sequences**, 0.2 CECs
Aug 2, 2026: Sun 2:00 PM - 4:30 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) **NEW Bone Health and Exercise for Osteoporosis**, 12 hours over 3 days, 1.2 CECs
Oct 23, 2026: Fri 4:00 PM - 8:30 PM
Oct 24-25, 2026: Sat, Sun 2:00 PM - 6:30 PM
- (2) **Optimization of the Shoulder Complex**, 12 hours over 2 days, 1.2 CECs
TBA
- (3) **Programming Protocols for Breast Cancer Rehab**, 6 hours in 1 day, 0.6 CECs
TBA

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