



The exclusive Merrithew™ Licensed Training Center in Texas

Our objective is to provide thorough instruction training that progresses knowledge into professional growth and expertise.

Training Center Address:

CENTER POSE INC. d/b/a PILATES SOUTH TEXAS
3000 Wesleyan St. Suite 111, Houston, TX 77027
www.pilatesouthtexas.com

Contact Information:

Chau Pham-Kid, Owner & Lead Instructor Trainer
(888) 838-3664, ext. 2
info@pilatesouthtexas.com

IN-STUDIO 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)

May 11, 2026: Mon 2:00 PM - 6:00 PM
May 12-13, 2026: Tue, Wed 1:00 PM - 5:00 PM
May 20-21, 2026: Wed, Thu 1:00 PM - 5:00 PM

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

Contact to Schedule

IN-STUDIO 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 Reformer**, 0.2 CECs
Sep 12, 2026: Sat 3:30 PM - 6:00 PM (2 hours + 30 minutes if required)
- (2) **STOTT PILATES® Prenatal Pilates on the Cadillac**, 0.2 CECs
Sep 13, 2026: Sun 9:00 AM - 11:30 AM (2 hours + 30 minutes if required)
- (3) **STOTT PILATES® Prenatal Pilates on the Split-Pedal Stability Chair™**, 0.2 CECs
Sep 13, 2026: Sun 11:30 AM - 2:00 PM (2 hours + 30 minutes if required)
- (4) **NEW STOTT PILATES® Deconstruction-to-Reconstruction: The Art of Teaching Complex Reformer Exercises**, 0.3 CECs
Oct 16, 2026: Fri 5:00 PM - 8:30 PM (3 hours + 30 minutes if required)
- (5) **STOTT PILATES® Athletic Conditioning with Fitness Circle®**, 0.2 CECs
Oct 17, 2026: Sat 1:00 PM - 3:30 PM (2 hours + 30 minutes if required)
- (6) **STOTT PILATES® Foam Roller™, Level 1**, 0.2 CECs
Oct 17, 2026: Sat 3:30 PM - 6:00 PM (2 hours + 30 minutes if required)
- (7) **NEW STOTT PILATES® Reformer Pilates for Active Aging Strength, Balance Longevity**, 0.2 CECs
Oct 18, 2026: Sun 9:00 AM - 11:30 AM (2 hours + 30 minutes if required)
- (8) **NEW STOTT PILATES® Active Aging with Stability Chair™ and Cross-Bow™ Handles: Building Strength & Flexibility for Falls Recovery**, 0.2 CECs
Oct 18, 2026: Sun 11:30 AM - 2:00 PM (2 hours + 30 minutes if required)
- (9) **NEW STOTT PILATES® Enhanced Tone & Conditioning with Stability Chair™ & Cross-Bow™ Handles**, 0.2 CECs
Oct 18, 2026: Sun 2:00 PM - 4:30 PM (2 hours + 30 minutes if required)
- (10) **NEW STOTT PILATES® Dynamic Core Control with the Mini Stability Ball™**, 0.2 CECs
Dec 13, 2026: Sun 9:00 AM - 11:30 AM (2 hours + 30 minutes if required)
- (11) **NEW STOTT PILATES® Fitness Circle® Strength, Endurance & Recovery Flow Sequences**, 0.2 CECs
Dec 13, 2026: Sun 11:30 PM - 2:00 PM (2 hours + 30 minutes if required)

The full description and fee for each workshop is on Pilates South Texas Online Scheduler.

IN-STUDIO 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

The full description and fee for each workshop is on Pilates South Texas Online Scheduler.