



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
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IN-STUDIO STOTT PILATES® INTENSIVE PROGRAMS (Level 1)

Schedule: Central Time Zone

IMP - Intensive Mat-Plus™, 2nd Edition (40 hrs)

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

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

IR - Intensive Reformer, 2nd Edition (50 hrs)

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

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

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

Schedule: Central Time Zone

AM - Advanced Matwork (6 hrs)

Prerequisites: IMP Course

2 Days, 6 Hours

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

AR - Advanced Reformer (18 hrs)

Prerequisites: IR Course

3 Days, 18 Hours

Nov 20 - 22, 2026: Fri, Sat, Sun 2:00 PM - 8:30 PM

ICCB - Intensive Cadillac, Chair & Barrels (50 hrs)

Prerequisites: IMP Course or IR Course

ICAD - Intensive Cadillac Module (25 hrs)

Continuing Education Credits: 2.5 STOTT PILATES®

5 Days, 25 Hours

Dec 2, 2026: Wed 3:00 PM - 8:30 PM
Dec 3 - 5, 2026: Thu, Fri, Sat 8:00 AM - 1:30 PM
Dec 6, 2026: Sun 3:00 PM - 8:30 PM

ICHR - Intensive Chair Module (15 hrs)

Continuing Education Credits: 1.5 STOTT PILATES®

3 Days, 15 Hours

Dec 15 - 17, 2026: Tue, Wed, Thu 3:00 PM - 8:30 PM

IBRL - Intensive Barrels Module (10 hrs)

Continuing Education Credits: 1.0 STOTT PILATES®

2 Days, 10 Hours

Dec 13, 2026: Sun 2:00 PM - 7:30 PM
Dec 14, 2026: Mon 3:00 PM - 8:30 PM

ACCB - Advanced Cadillac, Chair & Barrels (12 hrs)

Prerequisites: ICCB or ICAD, ICHR, IBRL (respective advanced module)

ACAD - Advanced Cadillac Module (6 hrs)

Continuing Education Credits: 0.6 STOTT PILATES®

1 Day, 6 Hours

Dec 18, 2026: Fri 1:00 PM - 7:30 PM

ACHR - Advanced Chair Module (3 hrs)

Continuing Education Credits: 0.3 STOTT PILATES®

1 Day, 3 Hours

Dec 19, 2026: Sat 1:00 PM - 4:00 PM

ABRL - Advanced Barrels Module (3 hrs)

Continuing Education Credits: 0.3 STOTT PILATES®

1 Day, 3 Hours

Dec 19, 2026: Sat 4:00 PM - 7:00 PM

ISP: Injuries & Special Populations (24 hrs)

Prerequisites: IMP Course or IR Course

Completion of this STOTT PILATES® Course is Required to Receive STOTT PILATES® Fully Certification Status

4 Days, 24 Hours

Dec 3 - 5, 2026: Thu, Fri, Sat 2:00 PM - 8:30 PM
Dec 6, 2026: Sun 8:00 AM - 2:30 PM