



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
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VIRTUAL STOTT PILATES® INTENSIVE PROGRAMS (Level 1)

Schedule: Central Time Zone

VIRTUAL STOTT PILATES® ADVANCED PROGRAM (Level 2)

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

AM - Advanced Matwork (6 hrs)

Prerequisites: IMP Course

2 Days, 6 Hours

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