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 Weslayan Street, Suite 111
Houston, TX 77027

Contact Information:

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

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
Jan 8 - 10, 2027: Fri, Sat, Sun 4:00 PM - 8:00 PM
Jan 14 - 17, 2027: Thu, Fri, Sat, Sun 4:00 PM - 8:00 PM
Jan 22 - 24, 2027: Fri, Sat, Sun 11:00 AM - 3:00 PM

10 Days, 40 Hours
Feb 5 - 7, 2027: Fri, Sat, Sun 11:00 AM - 3:00 PM
Feb 11 - 14, 2027: Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM
Feb 19 - 21, 2027: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM

10 Days, 40 Hours
Apr 23 - 25, 2027: Fri, Sat, Sun 4:00 PM - 8:00 PM
Apr 29 - May 2, 2027: Thu, Fri, Sat, Sun 4:00 PM - 8:00 PM
May 6 - 8, 2027: Thu, Fri, Sat 4:00 PM - 8:00 PM

10 Days, 40 Hours
Jul 9 - 11, 2027: Fri, Sat, Sun 4:00 PM - 8:00 PM
Jul 15 - 18, 2027: Thu, Fri, Sat, Sun 4:00 PM - 8:00 PM
Jul 23 - 25, 2027: Fri, Sat, Sun 4:00 PM - 8:00 PM

10 Days, 40 Hours
Sep 17 - 19, 2027: Fri, Sat, Sun 4:00 PM - 8:00 PM
Sep 23 - 26, 2027: Thu, Fri, Sat, Sun 4:00 PM - 8:00 PM
Oct 1 - 3, 2027: Fri, Sat, Sun 4:00 PM - 8:00 PM

10 Days, 40 Hours
Nov 5 - 7, 2027: Fri, Sat, Sun 4:00 PM - 8:00 PM
Nov 11 - 14, 2027: Thu, Fri, Sat, Sun 4:00 PM - 8:00 PM
Nov 19 - 21, 2027: Fri, Sat, Sun 4:00 PM - 8:00 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
Feb 5 - 7, 2027: Fri, Sat, Sun 3:00 PM - 8:30 PM
Feb 11 - 14, 2027: Thu, Fri, Sat, Sun 3:00 PM - 8:30 PM
Feb 19 - 21, 2027: Fri, Sat, Sun 3:00 PM - 8:30 PM

10 Days, 50 Hours
Mar 24 - 28, 2027: Wed, Thu, Fri, Sat, Sun 3:00 PM - 8:30 PM
Mar 31 - Apr 4, 2027: Wed, Thu, Fri, Sat, Sun 3:00 PM - 8:30 PM

10 Days, 50 Hours
May 28 - 30, 2027: Fri, Sat, Sun 3:00 PM - 8:30 PM
Jun 3 - 6, 2027: Thu, Fri, Sat, Sun 3:00 PM - 8:30 PM
Jun 10 - 12, 2027: Thu, Fri, Sat 3:00 PM - 8:30 PM

10 Days, 50 Hours
Aug 6 - 8, 2027: Fri, Sat, Sun 3:00 PM - 8:30 PM
Aug 12 - 15, 2027: Thu, Fri, Sat, Sun 3:00 PM - 8:30 PM
Aug 20 - 22, 2027: Fri, Sat, Sun 3:00 PM - 8:30 PM

10 Days, 50 Hours
Oct 15 - 17, 2027: Fri, Sat, Sun 3:00 PM - 8:30 PM
Oct 21 - 24, 2027: Thu, Fri, Sat, Sun 3:00 PM - 8:30 PM
Oct 29 - 31, 2027: Fri, Sat, Sun 3:00 PM - 8:30 PM

10 Days, 50 Hours
Dec 1 - 5, 2027: Wed, Thu, Fri, Sat, Sun 3:00 PM - 8:30 PM
Dec 8 - 12, 2027: 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

2 Days, 6 Hours
Jan 30 - 31, 2027: Sat, Sun 5:00 PM - 8:00 PM

2 Days, 6 Hours
Mar 27 - 28, 2027: Sat, Sun 11:00 AM - 2:00 PM

1 Day, 6 Hours
Jun 27, 2027: Sun 12:00 PM - 6:30 PM

1 Day, 6 Hours
Nov 28, 2027: Sun 12:00 PM - 6:30 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

3 Days, 18 Hours
Jan 29, 2027: Fri 2:00 PM - 8:30 PM
Jan 30 - 31, 2027: Sat, Sun 10:00 AM - 4:30 PM

3 Days, 18 Hours
Jun 18 - 20, 2027: Fri, Sat, Sun 2:00 PM - 8:30 PM

3 Days, 18 Hours
Dec 17 - 19, 2027: Fri, Sat, Sun 2:00 PM - 8:30 PM

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IN-STUDIO STOTT PILATES® INTENSIVE PROGRAMS (Level 1)
Schedule: Central Time Zone

ICCB - Intensive Cadillac, Chair & Barrels (50 hrs)
Prerequisites: IMP Course or IR Course

ICAD - Intensive Cadillac Module (25 hrs)

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

5 Days, 25 Hours
Mar 3 - 4, 2027: Wed, Thu 3:00 PM - 8:30 PM
Mar 5, 2027: Fri 12:00 PM - 5:30 PM
Mar 6 - 7, 2027: Sat, Sun 3:00 PM - 8:30 PM

5 Days, 25 Hours
Sep 8 - 12, 2027: Wed, Thu, Fri, Sat, Sun 3:00 PM - 8:30 PM

ICHR - Intensive Chair Module (15 hrs)

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

3 Days, 15 Hours
Mar 19, 2027: Fri 3:00 PM - 8:30 PM
Mar 20, 2027: Sat 11:00 AM - 4:30 PM
Mar 21, 2027: Sun 3:00 PM - 8:30 PM

3 Days, 15 Hours
Sep 3, 2027: Fri 3:00 PM - 8:30 PM
Sep 4, 2027: Sat 11:00 AM - 4:30 PM
Sep 5, 2027: Sun 3:00 PM - 8:30 PM

IBRL - Intensive Barrels Module (10 hrs)

2 Days, 10 Hours
Dec 13, 2026: Sun 2:00 PM - 7:30 PM
Dec 14, 2026: Mon 3:00 PM - 8:30 PM

2 Days, 10 Hours
Mar 17 - 18, 2027: Wed, Thu 3:00 PM - 8:30 PM

2 Days, 10 Hours
Sep 1 - 2, 2027: Wed, Thu 3:00 PM - 8:30 PM

IN-STUDIO STOTT PILATES® ADVANCED PROGRAM (Level 2)
Schedule: Central Time Zone

ACCB - Advanced Cadillac, Chair & Barrels (12 hrs)
Prerequisites: ICCB or ICAD, ICHR, IBRL (respective advanced module)

ACAD - Advanced Cadillac Module (6 hrs)

1 Day, 6 Hours
Dec 18, 2026: Fri 1 :00 PM - 7:30 PM

1 Day, 6 Hours
Jul 31, 2027: Sat 2 :00 PM - 8:30 PM

1 Day, 6 Hours
Dec 15, 2027: Wed 2 :00 PM - 8:30 PM

ACHR - Advanced Chair Module (3 hrs)

1 Day, 3 Hours
Dec 19, 2026: Sat 1:00 PM - 4:00 PM

1 Day, 3 Hours
Aug 1, 2027: Sun 2:00 PM - 5:00 PM

1 Day, 3 Hours
Dec 16, 2027: Thu 2:00 PM - 5:00 PM

ABRL - Advanced Barrels Module (3 hrs)

1 Day, 3 Hours
Dec 19, 2026: Sat 4:00 PM - 7:00 PM

1 Day, 3 Hours
Aug 1, 2027: Sun 5:00 PM - 8:00 PM

1 Day, 3 Hours
Dec 16, 2027: Thu 5:00 PM - 8:00 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

4 Days, 24 Hours
Apr 8 - 9, 2027: Thu, Fri 2:00 PM - 8:30 PM
Apr 10 - 11, 2027: Sat, Sun 1:00 PM - 7:30 PM

4 Days, 24 Hours
Oct 7 - 8, 2027: Thu, Fri 2:00 PM - 8:30 PM
Oct 9 - 10, 2027: Sat, Sun 1:00 PM - 7:30 PM

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