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

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) **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® Reformer Pilates for Active Aging Strength, Balance & Longevity**, 0.2 CECs
Dec 11, 2026: Fri 5:00 PM - 7:30 PM (2 hours + 30 minutes if required)

(11) **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)

(12) **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.

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

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

Dates and times are subject to change. Visit www.pilatessouthtexas.com to verify dates and times.