



STOTT PILATES®  
23 member companies

STOTT PILATES® CERTIFICATION TRAINING COURSE APPLICATION

SUBMIT your application to: Center Pose, Inc. d/b/a Pilates South Texas, 1934 West Gray, Suite 211, Houston, Texas 77019  
 T: 713.520.7710 F: 858.429.5868 <http://www.pilatesouthtexas.com>

CONTACT INFORMATION

First Name:		Last Name:	
Company Name (if applicable):			
Address:			
City:	Prov. / State:	Country:	Postal / Zip Code:
Phone (Home):		Phone (Mobile):	
E-mail #1:		E-mail #2:	

CERTIFICATION COURSE REGISTRATION

Applications must be accompanied by a detailed resume outlining education and experience, two letters of reference and a deposit. Space is limited and applications will be processed on a first-come-first-served basis. **Space will ONLY be reserved upon the receipt of all application materials and a deposit. Prices are subject to change without notice.** Fees for courses and workshops do not include required course materials or applicable taxes. **The deposit is non-transferable and non-refundable; this deposit secures a place in the Course until the balance of the course payment is received.**

**REFUND/CANCELLATION POLICY FOR LEVEL 1 TRAINING COURSES:**

No refunds or transfers 7 days prior to the Training Course start date. Course refunds will be the full amount paid by client for the course(s) less \$200.00.

**REFUND/CANCELLATION POLICY FOR LEVEL 2 TRAINING COURSES:**

No refunds or transfers 7 days prior to the Training Course start date. Course refunds will be the full amount paid by client for the course(s) less \$100.00. Contact studio for full details on our registration and cancellation policies. Any applicable refunds will be issued within 30 days of the first course start date.

INTENSIVE & CROSSOVER PROGRAMS (Level 1)

ADVANCED PROGRAM (Level 2)

<input type="checkbox"/> <b>IMP: Intensive Mat-Plus™ (40 hrs)</b> \$1,100 Course, \$229.27 Materials: <b>Total: \$1,329.27*</b> <i>(Additional Fees for Recommended Resource Materials: Inquire with Studio)</i> <u>Prerequisites:</u> Working knowledge of functional anatomy; 30 hours Pilates classes; Three-plus years teaching movement or fitness <u>Supplementary Review Materials:</u> \$150.00 per <input type="checkbox"/> Anatomy Review <input type="checkbox"/> Postural Analysis & Application to Exercises  <input type="checkbox"/> <b>XMG: Crossover from IMP to Group Mat Training (6 hrs)</b> \$250 Course, \$0 Materials: <b>Total: \$250*</b> <u>Prerequisites:</u> IMP Course	<input type="checkbox"/> <b>AM: Advanced MatWork (6 hrs)</b> \$250 Course, \$48.66 Materials: <b>Total: \$298.66*</b> <u>Prerequisites:</u> IMP Course
<input type="checkbox"/> <b>IR: Intensive Reformer (50 hrs)</b> \$1,600 Course, \$257.52 Materials: <b>Total: \$1,857.52*</b> <i>(If you have not taken IMP: Mat &amp; Reformer Support Materials Manual is required: \$29.23)</i> <u>Prerequisites:</u> Working knowledge of functional anatomy; 30 hours Pilates classes; Three-plus years teaching movement or fitness <u>Supplementary Review Materials:</u> \$150.00 per <input type="checkbox"/> Anatomy Review <input type="checkbox"/> Postural Analysis & Application to Exercises  <input type="checkbox"/> <b>XRG: Crossover from IR to Group Reformer Training (6 hrs)</b> \$250 Course, \$0 Required Materials: <b>Total: \$250*</b> <u>Prerequisites:</u> IR Course	<input type="checkbox"/> <b>AR: Advanced Reformer (18 hrs)</b> \$700 Course, \$146.08 Materials: <b>Total: \$846.08*</b> <u>Prerequisites:</u> IR Course
<input type="checkbox"/> <b>ICAD: Intensive Cadillac (25 hrs)</b> \$900 Course, \$306.24 Materials: <b>Total: \$1,206.24*</b> <input type="checkbox"/> <b>ICHR: Intensive Chair (15 hrs)</b> \$550 Course, \$156.91 Materials: <b>Total: \$706.91*</b> <i>Optional Supplementary DVD: Split Pedal = \$37.83</i> <input type="checkbox"/> <b>IBRL: Intensive Barrels (10 hrs)</b> \$400 Course, \$261.91 Materials: <b>Total: \$661.91*</b> <input type="checkbox"/> <b>ICCB: Intensive Cadillac, Chair and Barrels (50 hrs)</b> \$1,600 Course, \$725.06 Materials: <b>Total: \$2,325.06*</b> <i>Optional Supplementary DVD: Split Pedal = \$37.83</i>  <u>Prerequisites:</u> IMP Course or IR Course  *All Required and Recommended Course Materials are available at Studio	<input type="checkbox"/> <b>ACAD: Advanced Cadillac (6 hrs)</b> \$250 Course, \$54.07 Materials: <b>Total: \$304.07*</b> <input type="checkbox"/> <b>ACHR: Advanced Chair (3 hrs)</b> \$175 Course, \$54.07 Materials: <b>Total: \$229.07*</b> <input type="checkbox"/> <b>ABRL: Advanced Barrels (3 hrs)</b> \$175 Course, \$0 Materials: <b>Total: \$175*</b> <input type="checkbox"/> <b>ACCB: Advanced Cadillac, Chair and Barrels (12 hrs)</b> \$500 Course, \$108.14 Materials: <b>Total: \$608.14*</b> <u>Prerequisites:</u> ICCB or ICAD, ICHR, IBRL (for respective advanced module)  <input type="checkbox"/> <b>ISP: Injuries &amp; Special Populations (24 hrs)</b> \$1,100 Course, \$327.90 Materials: <b>Total: \$1,427.90*</b> <i>Optional Supplementary DVDs: SPS Equip: PJS Reformer/Vertical Frame &amp; PJS Equip = \$194.70</i> <u>Prerequisites:</u> IMP Course or IR Course



STOTT PILATES®  
THE MATRIXX CONNECTION

COURSE TITLE(S) AND DATE(S) (see Course schedule)

\_\_\_\_\_

**EDUCATION**

Please list related degrees and certificate courses (i.e. ACE, AFAA, NASM, PMA, etc) and/or submit a resume:

\_\_\_\_\_

Describe anatomy education:

College / University Course       STOTT PILATES® Workshop       Other Method Workshop

(i.e. musculoskeletal, anatomy, biomechanics)

When: \_\_\_\_\_ Where: \_\_\_\_\_ Course/Workshop: \_\_\_\_\_

**EXPERIENCE**

Please list your teaching experience (describe subject taught / years teaching):

\_\_\_\_\_

Please list your personal experience in dance, fitness or other body work (how many years / how recently):

\_\_\_\_\_

Please list your Pilates experience (describe when & where, indicate STOTT PILATES® Method or other Pilates Method):

none       1- 10 hours       10 - 30 hours       30+ hours

When: \_\_\_\_\_ Where: \_\_\_\_\_ Method: \_\_\_\_\_

Tell Us Your Assessment	Excellent	Good	Satisfactory	Mediocre	Poor
Functional Anatomy Knowledge	5	4	3	2	1
Body Awareness	5	4	3	2	1
Fitness Level	5	4	3	2	1
Coordination	5	4	3	2	1
Follow Verbal Cue (Direction) Only	5	4	3	2	1

**PERSONAL INFORMATION**

Do you have any injuries, conditions (including current or recent pregnancy) or postural issues that may limit your performance during the course? (Medical clearance may be required).

\_\_\_\_\_

How did you hear about STOTT PILATES® and STOTT PILATES® Education at Pilates South Texas?

\_\_\_\_\_

How do you plan to use your STOTT PILATES® Certification?

\_\_\_\_\_

Are you using this course to fulfill continuing education credits?

**Yes** If Yes, for which organization \_\_\_\_\_

**STOTT PILATES® Certification Status?**

Mat, L1;  Mat, L1&2;  IR, L1;  IR, L1&2;  Mat & IR, L1;  Mat & IR, L1&2;  Mat, IR & CCB, L1;  Mat, IR & CCB, Full

**No** If No, what Certification Course(s) taken?

**STOTT PILATES® Intensive Certification Course(s) Taken?**  IMP;  IR;  ICAD;  ICHR;  IBRL  XMG;  XRG

**STOTT PILATES® Advanced Certification Course(s) Taken?**  AM;  AR;  ACAD;  ACHR;  ABRL;  ISP

**Other Pilates Method (Trained and/or Certification) Status?** \_\_\_\_\_



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Member since 2008

I plan to attend all course hours:  Yes  No

I hereby certify that the information provided on this application is accurate.  
I understand that failure to provide accurate information may result in my removal from the certification and/or workshop program.

I, STOTT PILATES® Certification Course Applicant have included the following:  
(Applicants that do not fulfill the requirements or do not provide the requested information listed below will not be processed for the certification and/or workshop program.)

- A detailed resume** (required for first-time submission with Pilates South Texas)  
(Outline your education and experience)
- Two letters of reference** (required for first-time submission with Pilates South Texas)  
(Letters should reflect course prerequisites, your teaching abilities and character)
- Completion of a minimum 30 hours of Pilates Training**  
(Log sheet should denote *Pilates training method, date and location*)  
(The STOTT PILATES® training method is encouraged. Hours must be fulfilled by the end of the scheduled certification training course)

- Letter of completion of an accredited anatomy course and/or workshop**
- Or**
- Registering for the STOTT PILATES® Anatomy Review Workshop, \$150.00** non-transferable and non-refundable registration fee for the workshop  
(May attend before or within 6 months after the scheduled certification training course)  
(Select a date from PST workshop listings and submit with your application)

- Deposit** (Payment on Remaining Tuition & Required Materials Balance is due 7 days prior to the Training Course start date)
- Or**
- Full Payment** (Tuition & Required Materials)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

PAYMENT METHOD

**Select one:**

- Deposit (Payment on Remaining Tuition & Required Materials Balance is due 7 days prior to the Training Course start date)
- Deposit & Cost of Required Materials (Payment on Remaining Tuition Balance is due 7 days prior to the Training Course start date)  
**\$200.00 Deposit** (for Level 1 Course), **non-transferable and non-refundable deposit per certification training course**  
**\$100.00 Deposit** (for Level 2 Course), **non-transferable and non-refundable deposit per certification training course**
- Full Payment (Tuition & Required Materials)

**Enter payment:**

\_\_\_\_\_ Payment Amount  
(includes STOTT PILATES® Supplementary Review Materials: \_\_\_ Anatomy Review \$150.00 & \_\_\_ Postural Analysis Review \$150.00)

**Select one:**

- Check, \_\_\_\_\_ Check #  Money order  Visa  MasterCard  American Express  
(Check payable to Center Pose, Inc.)

Name on Card: \_\_\_\_\_

Account Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ CVC Code: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(I authorize Center Pose, Inc., d/b/a Pilates South Texas to charge the above account number for the payment indicated above)