



EDUCATION APPLICATION

SUBMIT your application to: **Center Pose, Inc. d/b/a Pilates South Texas**, 1934 West Gray, Suite 211, Houston, Texas 77019
 T: 1.888.838.3664, ext. 2 F: 1.858.429.5868 E-mail: info@pilatessouthtexas.com Website: http://www.pilatessouthtexas.com

CONTACT INFORMATION

First Name: _____ **Last Name:** _____

Mailing Address: _____ **Country:** _____

Phone: _____ **E-Mail:** _____

EDUCATION REGISTRATION POLICIES

REFUND & TRANSFER POLICIES FOR ALL EDUCATION: The Application Fee (AF) is non-transferable and non-refundable. Prices are subject to change. Refund(s) in the amount paid less the (AF) of \$100.00. Refund(s) will be issued within 30 days. Studio credit may be applied for any services and/or products at PST. Transfer of studio credit is valid up to Six Months from date of the Original application submission. An (AF) of \$100.00 is required with the New Registration start date.

STOTT PILATES® INTENSIVE PROGRAMS (Level 1)

___ **IMP:** Intensive Mat-Plus™ (40 hrs)
Total: \$1,419.97*
Prerequisites: Knowledge of functional anatomy & 30+ hours of Pilates classes

___ **IR:** Intensive Reformer (50 hrs)
Total: \$1,943.46* (Require Mat & Reformer Support Materials Manual, \$32.48)
Prerequisites: Knowledge of functional anatomy & 30+ hours of Pilates classes

___ **ICCB:** Intensive Cadillac, Chair and Barrels (50 hrs)
Total: \$2,362.28*

 ___ **ICAD:** Intensive Cadillac Module (25 hrs); **Total: \$1,287.30***
 ___ **ICHR:** Intensive Chair Module (15 hrs); **Total: \$771.09***
 ___ **IBRL:** Intensive Barrels Module (10 hrs); **Total: \$703.89***
Prerequisites: IMP Course or IR Course

STOTT PILATES® ADVANCED PROGRAM (Level 2)

___ **AM:** Advanced Matwork (6 hrs)
Total: \$319.76*
Prerequisites: IMP Course

___ **AR:** Advanced Reformer (18 hrs)
Total: \$861.34*
Prerequisites: IR Course

___ **ACCB:** Advanced Cadillac, Chair and Barrels (12 hrs)
Total: \$672.32*

 ___ **ACAD:** Advanced Cadillac Module (6 hrs); **Total: \$323.66***
 ___ **ACHR:** Advanced Chair Module (3 hrs); **Total: \$273.66***
 ___ **ABRL:** Advanced Barrels Module (3 hrs); **Total: \$225.00***
Prerequisites: ICCB or ICAD, ICHR, IBRL (for respective advanced module)

___ **ISP: INJURIES & SPECIAL POPULATIONS (24 hrs)**
Total: \$1,451.91*
Prerequisites: IMP Course or IR Course

STOTT PILATES® Exam

___ **Mat** Certification ___ **Reformer** Certification ___ **Mat & Reformer** Certification ___ **Mat, Reformer, Cadillac, Chair & Barrels** Certification
 Contact Pilates South Texas for Exam Fee

KINETIC CHAIN® Education

KINETIC CHAIN® Training
 ___ Part A: Anatomy for Movements (7 hrs)
Total: \$375.00*
Prerequisites: None
 ___ Part B: C.O.R.E. Principles & Movements (7 hrs)
Total: \$375.00*
Prerequisites: Part A
 ___ Part A & B: Anatomy & C.O.R.E. (14 hrs)
Total: \$600.00*
Prerequisites: None
 ___ Part C: KINETIC CHAIN® Training in Motion App
Total: Monthly Subscription
Prerequisites: Part A & B

KINETIC CHAIN® Suspension
 ___ C.O. R. E. Principles & Workout (5 hrs)
Total: \$250.00*
Recommendations: Part A & B

KINETIC CHAIN® Sports Motion
 ___ C.O.R.E. Principles & Workout (5 hrs)
Total: \$250.00*
Recommendations: Part A & B

GYROTONIC® & GYROKINESIS® Education

Prerequisites & Rates: Check Pilates South Texas Website

GYROTONIC® Level 1 Teacher Training Program (188 hrs) +
 ___ Pre-Training (6 days, 30 hrs); ___ Foundation (12 days, 60 hrs)
 ___ Apprenticeship (6 days, minimum 30 hrs), + 60 "teaching client" hours
 ___ Final Certificate (3 days, 17 hrs) - (Not Offered at PST)

GYROKINESIS® Level 1 Teacher Training Program (138 hrs) +
 ___ Pre-Training (6 days, 30 hrs); ___ Foundation (9days, 45 hrs)
 ___ Apprenticeship (3 days, minimum 15 hrs), + 30 "teaching client" hours
 ___ Final Certificate (3 days, 17 hrs) - (Not Offered at PST)

EDUCATION DATE(S)

___ **STOTT PILATES®** Education _____
 ___ **KINETIC CHAIN®** Education _____
 ___ **GYROTONIC®** Education ___ **GYROKINESIS®** Education _____

* Education materials are included. Recommended supplementary materials (manuals, DVDs, small equipment and props) are available for purchase at Pilates South Texas



EDUCATION

Degrees & Certificates (i.e. Dance, Kinesiology, Physical Therapy, GYROTONIC®, GYROKINESIS®, MELT Method®, Yoga, ACE, AFAA, NASM, PMA) or submit Resume:

Degree(s): _____

Certificate(s): _____

Anatomy and/or Biomechanics Education:

Course/Workshop: _____; When: _____; Location: _____

EXPERIENCE

Pilates, GYROTONIC® and/or GYROKINESIS® Experience:

What Pilates Method: _____; How Long: ___ none, ___ 1 - 10 hours, ___ 10 - 30 hours, ___ 30+ hours, ___ 1 year, ___ 2+ years
GYROTONIC®: _____; How Long: ___ none, ___ 1 - 10 hours, ___ 10 - 30 hours, ___ 30+ hours, ___ 1 year, ___ 2+ years
GYROKINESIS®: _____; How Long: ___ none, ___ 1 - 10 hours, ___ 10 - 30 hours, ___ 30+ hours, ___ 1 year, ___ 2+ years

Location(s): _____

Fitness Instruction and/or Coaching Experience & Duration:

Type(s) of Instruction: _____

Location(s): _____

Duration: _____

ADDITIONAL INFORMATION

Physical participation is required. Any physical concerns acquired during the education that impede physical participant will not exempt student from completing all required hours. - List any injuries, conditions or postural concerns that I know may limit my performances during the education (Medical clearance may be required).

How I heard about the education at Pilates South Texas:

Referral Name(s): _____

___ Pilates South Texas Website; ___ Merrithew™ Website; ___ GYROTONIC® Website or ___ Social Media: _____

Additional education I aspire to register:

- ◆ ___ Matwork (IMP) ___ Reformer (IR) ___ Cadillac (ICAD) ___ Chair (ICHR) ___ Barrels (IBRLS) ___ Injuries & Special Populations (ISP)
- ◆ ___ Matwork (AM) ___ Reformer (AR) ___ Cadillac (ACAD) ___ Chair (ACHR) ___ Barrels (ABRLS)
- ◆ KINETIC CHAIN® Education: ___ Anatomy for Movements ___ C.O.R.E. Principles & Movements ___ SUSPENSION ___ SPORTS MOTION
- ◆ GYROTONIC® Education: ___ GYROTONIC® Pre-Training ___ GYROTONIC® Foundation ___ GYROTONIC® Apprenticeship
- ◆ GYROKINESIS® Education: ___ GYROKINESIS® Pre-Training ___ GYROKINESIS® Foundation ___ GYROKINESIS® Apprenticeship

The Certification(s) I aspire to achieve:

◆ STOTT PILATES® Level 1 Certification (Essential & Intermediate) ___ Matwork ___ Reformer ___ Matwork & Reformer ___ Matwork, Reformer, Cadillac, Chair & Barrels	◆ STOTT PILATES® Level 1 & 2 Certification (Essential, Intermediate & Advanced) ___ Matwork ___ Reformer ___ Matwork & Reformer ___ Matwork, Reformer, Cadillac, Chair & Barrels	◆ STOTT PILATES® Full Certification (Essential, Intermediate, Advanced & ISP) ___ Matwork, Reformer, Cadillac, Chair & Barrels & Completion of the ISP Course
◆ GYROTONIC® Certification ___	◆ GYROKINESIS® Certification ___	

APPLICANT'S CHECKLIST

I have included the following documents with the application:

- STOTT PILATES® Education: ___ Two letters of reference; ___ Completion minimum 30 hours of pilates sessions
___ Completion Letter of anatomy education (or fulfill by registering for the KINETIC CHAIN® Training - Anatomy for Movements)
___ I am registering for the KINETIC CHAIN® Training - Anatomy for Movements; Date: _____
___ This is not my first STOTT PILATES® Course (Prerequisite: Completion Letter of respective Intensive Course - IMP, IR, ICAD, ICHR or IBRL)

- KINETIC CHAIN® Education: KINETIC CHAIN® Training: ___ (Part A) - Anatomy for Movements; ___ (Part B) - C.O.R.E. Principles & Movements; ___ (Part A & B)
KINETIC CHAIN® Suspension: ___ C.O. R. E. Principles & Workout
KINETIC CHAIN® Sports Motion: ___ C.O. R. E. Principles & Workout

GYROTONIC® Education: ___ Completion of minimum 10 hours GYROTONIC® sessions or ___ Completion of minimum 10 hours GYROKINESIS® sessions

PAYMENT INFORMATION

Amount: _____ ◆ ___ Check (Check payable to Center Pose, Inc.); ◆ ___ Visa; ◆ ___ MasterCard; ◆ ___ American Express

Credit Card #: _____; Expiration Date: _____; CVC Code: _____

Credit Card Name: _____ Signature: _____ Date: _____

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