



CONTINUING 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

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

Mailing Address: _____

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

How did you hear about **Pilates South Texas**?

Referral Name(s): _____
____ Pilates South Texas Website; ____ Merrithew™ Website; ____ GYROTONIC® Website or ____ Social Media: _____

CONTINUING EDUCATION REGISTRATION POLICIES

REFUND & TRANSFER POLICIES FOR ALL CONTINUING EDUCATION: Prices are subject to change.
Refund(s) in the amount paid less the Cancellation Fee of \$25.00. Refund(s) will be issued within 30 days. Studio credit may be applied for any services and/or products at PST. This transfer of studio credit is valid up to Six Months from date of the Original application submission.

CONTINUING EDUCATION & DATE(S)

MERRITHEW™ Continuing Education

◆ **STOTT PILATES®**

____ Customized Education with Chau Pham-Kid, STOTT PILATES® Lead Instructor Trainer (*Receive up to 0.6 STOTT PILATES® CECs*)

____ Workshop(s)

Nine Specialist Designations (*Completion of eight (8) workshops within the Specialty Track is required to receive the Specialist designation*)

- Active for life Specialist; - Athletic Conditioning Specialist; - Dance Specialist; - Golf Conditioning Specialist; - Group Equipment Specialist
- Group Matwork Specialist; - Interdisciplinary Specialist; - Post-Rehabilitation Conditioning Specialist; - Pre & Postnatal Specialist

◆ ____ ZEN•GA®; ◆ ____ CORE™; ◆ ____ Total Barre™; ◆ ____ Halo® Training; ◆ ____ Fascial Movement

Education & Date(s): _____

KINETIC CHAIN® Continuing 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

Education & Date(s): _____

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).

PAYMENT INFORMATION

Amount: _____

◆ ____ Check (*payable to Center Pose, Inc.*); ◆ ____ Visa; ◆ ____ MasterCard; ◆ ____ American Express

Credit Card #: _____ **Expire Date:** _____ **CVC Code:** _____

Name on Credit Card: _____ **Signature:** _____ **Date:** _____

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



STOTT PILATES® SPECIALTY TRACKS

Become a STOTT PILATES® Specialist in the field of one's choice. All workshops are open to any fitness professional; however, only STOTT PILATES® Certified Instructors who complete **eight (8)** workshops within each category are eligible to receive the Specialist designation. There is no time limit on completing the Specialty Track categories. Workshops within the Specialty Tracks also qualify for CEC's.

Active for Life Specialist:

- Armchair Pilates Plus; • Armchair Pilates™ with Handweights; • Bone Health & Osteoporosis: The Foundation; • Bone Health & Osteoporosis: Create Effective Matwork Workouts;
- Bone Health & Osteoporosis: Create Effective Reformer Workouts; • Conditioning Towel Workout; • Dynamic Armchair Pilates; • Fitness Circle® Flow; • Flexion Free Workshop;
- Intro to Essential Matwork™; • Matwork Strength & Mobility; • Reformer for the Older Adult; • Sculpt & Tone; • Stability Chair for the Older Adult; • Total Body Toning;
- Ultimate Back Care

Athletic Conditioning Specialist:

- Athletic Conditioning on Arc Barrel; • Athletic Core Conditioning on Cardio-Tramp® Rebounder; • Athletic Conditioning on Edge; • Athletic Conditioning on Mat;
- Athletic Conditioning on Reformer, L1; • Athletic Conditioning on Reformer, L2; • Athletic Conditioning on Reformer, L1 & 2; • Athletic Conditioning on Reformer, L3;
- Athletic Conditioning on Reformer, L4; • Athletic Conditioning on Stability Chair™, L1; • Athletic Conditioning on Stability Chair™, L2;
- Athletic Conditioning on Stability Cushions™; • Athletic Conditioning on V2 Max™ Reformer, L1; • Athletic Conditioning on V2 Max™ Reformer, L2;
- Athletic Conditioning with Fitness Circle®; • Bodyweight Training; • Essential Matwork and Athletic Conditioning on Stability Cushions™;
- Interval Training on the Jumpboard or Cardio-Tramp, L1; • Interval Training on the Jumpboard or Cardio-Tramp, L2; • Jumpboard Strength & Conditioning;
- Pilates Matwork for Men; • Pilates with Medicine Ball; • Precision & Control with Fitness Circle®; • Reformer Workout for Men;
- Reformer Intervals on Accessory Boards: Ideal for Teens; • Rotational Disks on Mat

Dance Specialist:

- Foam Roller™ Challenge, L1; • Foam Roller™ Challenge, L2; • Foam Roller™ Plus, L1 & 2; • Full Advanced Matwork Workout; • Full Advanced Reformer Workout;
- Full Intermediate Matwork Workout; • Full Intermediate Reformer Workout; • Intense Sculpting Challenge; • Matwork Flow w/ Ankle Tubing;
- Matwork Flow Conditioning Sequence Workout; • Matwork Flow Conditioning Sequence Workout & Matwork Flow w/ Weights; • Matwork Flow with Weights;
- Mini Foam Roller™ Flow; • Precision & Control with the Fitness Circle®; • Reformer & Cardio-Tramp® Barre Workout; • Superior Balance; • Stability Ball™ Challenge;
- Stability Barrel™ Create Balance & Control; • Stability Chair™ Flow Workout; • Stability Barrel™ Flow: Intermediate Challenge; • Ultimate Body Sculpting

Golf Conditioning Specialist:

- Focus & Conditioning for Golf on the Reformer; • Focus & Conditioning for Golf on the V2Max Plus Reformer; • Focus & Conditioning for Golf on the Mat;
- Focus & Conditioning for Golf with Toning Balls™; • Pilates Matwork for Golf, L1; • Pilates Matwork for Golf, L2; • Pilates Matwork for Golf, L1 & L2; • Pilates Matwork for Men;
- Reformer Workout for Men; • Rotational Disks on Mat; • Total Body Toning

Group Equipment Specialist:

- Athletic Conditioning on Reformer, L1; • Athletic Conditioning on Reformer, L2; • Athletic Conditioning on Reformer, L1 & 2;
- Athletic Conditioning on Reformer, L3; • Athletic Conditioning on Reformer, L4; • Group Reformer Classes: Teaching Skills & Programming Choices;
- Group Stability Chair™ Classes: Teaching Skills & Programming Choices; • Interval Training on Jumpboard or Cardio-Tramp™, L1;
- Interval Training on Jumpboard or Cardio-Tramp™, L2; • Introduction to Circuit Training; • Jumpboard Strength & Conditioning;
- Reformer Intervals on Accessory Boards: Ideal for Teens; • Reformer with Fitness Circle®; • Reformer with Padded Platform Extender; • Reformer Workout for Men;
- Studio Circuit Training; • Teaching Reformer to First-Timers

Group Matwork Specialist:

- 3-D Balance; • Athletic Conditioning with Fitness Circle®; • Athletic Conditioning on Stability Cushions™; • Athletic Conditioning on the Mat;
- Bodyweight Training; • Conditioning Towel Workout; • Core Balance; • Dynamic Balance; • Essential Matwork and Athletic Conditioning on Stability Cushions™;
- Essential Matwork on Stability Cushions™; • Focus & Conditioning for Golf on the Mat; • Focus & Conditioning for Golf with Toning Balls™;
- Group Matwork Classes: Teaching Skills & Programming Choices; • Intense Sculpting Challenge; • Matwork Interval Training, L1; • Matwork Interval Training, L2;
- Matwork Flow Conditioning Sequence Workout; • Matwork Flow Conditioning Workout & Matwork Flow with Weights; • Matwork Flow with Weights; • Matwork Strength & Mobility;
- Matwork with Props: Strength & Endurance for Teens; • Mini Stability Ball™ Workout; • Pilates Matwork for Golf, L1; • Pilates Matwork for Golf, L2;
- Pilates Matwork for Golf, L1 & 2; • Pilates Matwork for Men; • Pilates with Props, L1; • Pilates with Props, L2; • Pilates with Props, L1 & 2; • Power Paced Fitness Circle®;
- Precision & Control with the Fitness Circle®; • Sculpt & Tone; • Stability Ball™ Challenge; • Superior Balance; • Teaching Matwork to First-Timers;
- The Secret to Toned Arms, Buns & Thighs; • Total Body Sculpting; • Total Body Toning; • Ultimate Body Sculpting

Interdisciplinary Specialist:

- Assessment and Warm Up for Foundational Movement - Part A; • Matwork Programming for Foundational Movement - Part B;
- Reformer Programming for Foundational Movement - Part C; • Matwork Flow Conditioning Sequence Workout; • Matwork Flow with Weights; • Matwork Flow with Ankle Tubing;
- Matwork with Fascial Focus; • Stability Barrel™: Create Balance & Control; • Stability Barrel™ Flow: Intermediate Challenge; • Stability Chair™ Flow Workout;
- Twist Ball™ Workout

Pre & Postnatal Specialist:

- Post-Natal Pilates; • Prenatal Pilates with Stability Ball™ & Flex-Band; • Prenatal Pilates on the Cadillac; • Prenatal Pilates on Edge; • Prenatal Pilates on Mat;
- Prenatal Pilates on Reformer; • Prenatal Pilates on Split-Pedal Stability Chair™; • Prenatal Pilates on V2 Max Plus™ Reformer

Post-Rehabilitation Conditioning Specialist:

- Bone Health & Osteoporosis: The Foundation; • Bone Health & Osteoporosis: Create Effective Matwork Workouts;
- Bone Health & Osteoporosis: Create Effective Reformer Workouts; • Equipment Programming for Breast Cancer Rehab; • Flexion Free Workshop;
- Lumbo-Pelvic Region: Equipment Programming for Stability & Function; • Lumbo-Pelvic Region: Matwork for Stability & Function;
- Lumbo-Pelvic Region: Reformer Programming for Stability & Function; • Matwork for Breast Cancer Rehab; • Optimization of the Lumbo-Pelvic Region: Part A & B;
- Optimization of the Shoulder Complex; • Postural Analysis Review; • Postural Analysis & Application to Pilates Exercises; • Stabilization Principles;
- The Knee: Equipment Programming for Stability & Function; • The Knee: Matwork Programming for Stability & Function;
- The Knee: Reformer Programming for Stability & Function; • The Shoulder Girdle: Equipment Programming for Stability & Function;
- The Shoulder Girdle: Matwork Programming for Stability & Function; • The Shoulder Girdle: Reformer Programming for Stability & Function; • Ultimate Back Care;
- Understanding Scoliosis: Theory and Programming (6-hour version)