



**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:** \_\_\_\_\_

**REGISTRATION POLICIES**

**REFUND & TRANSFER POLICIES FOR ALL EDUCATION:** The Application Fee (AF) is non-transferable and non-refundable. Prices are subject to change. (AF) payment is deducted from Total Fee. Refund in the amount paid less the (AF) of \$100.00. 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)**

**STOTT PILATES® ADVANCED PROGRAM (Level 2)**

___ <b>IMP:</b> Intensive Mat-Plus™ (40 hrs) Total: <b>\$1,419.97*</b> <i>Prerequisites:</i> Knowledge of functional anatomy & 30+ hours of Pilates classes	___ <b>AM:</b> Advanced Matwork (6 hrs) Total: <b>\$319.76*</b> <i>Prerequisites:</i> IMP Course
___ <b>IR:</b> Intensive Reformer (50 hrs) Total: <b>\$1,943.46*</b> (Require Mat & Reformer Support Materials Manual, \$32.48) <i>Prerequisites:</i> Knowledge of functional anatomy & 30+ hours of Pilates classes	___ <b>AR:</b> Advanced Reformer (18 hrs) Total: <b>\$886.34*</b> <i>Prerequisites:</i> IR Course
___ <b>ICCB:</b> Intensive Cadillac, Chair and Barrels (50 hrs) Total: <b>\$2,362.28*</b>	___ <b>ACCB:</b> Advanced Cadillac, Chair and Barrels (12 hrs) Total: <b>\$672.32*</b>
___ <b>ICAD:</b> Intensive Cadillac Module (25 hrs); Total: <b>\$1,287.30*</b>	___ <b>ACAD:</b> Advanced Cadillac Module (6 hrs); Total: <b>\$323.66*</b>
___ <b>ICHR:</b> Intensive Chair Module (15 hrs); Total: <b>\$771.09*</b>	___ <b>ACHR:</b> Advanced Chair Module (3 hrs); Total: <b>\$273.66*</b>
___ <b>IBRL:</b> Intensive Barrels Module (10 hrs); Total: <b>\$703.89*</b> <i>Prerequisites:</i> IMP Course or IR Course	___ <b>ABRL:</b> Advanced Barrels Module (3 hrs); Total: <b>\$225.00*</b> <i>Prerequisites:</i> ICCB or ICAD, ICHR, IBRL (for respective advanced module)
___ <b>ISP: INJURIES &amp; SPECIAL POPULATIONS (24 hrs)</b> Total: <b>\$1,501.91*</b> <i>Prerequisites:</i> IMP Course or IR Course	

**STOTT PILATES® CERTIFICATION EXAM**

\_\_\_ **Level 1 Exam** or \_\_\_ **Level 2 Exam:** \_\_\_ Mat \_\_\_ Reformer \_\_\_ Mat & Reformer \_\_\_ Mat, Reformer, Cadillac, Chair & Barrels  
 \_\_\_ **Full Exam** (Combined Level 1 & Level 2 of Mat, Reformer, Cadillac, Chair & Barrels)  
 E-mail info@pilatessouthtexas.com or Call 1.888.838.3664, ext. 2 to Schedule Exam Date & Inquire Exam Fee

**KINETIC CHAIN® Education**

<b>KINETIC CHAIN® Training</b> ___ Part A: Anatomy for Movements (7 hrs) Total: <b>\$375.00*</b> <i>Prerequisites:</i> None ___ Part B: C.O.R.E. Principles & Movements (7 hrs) Total: <b>\$375.00*</b> <i>Prerequisites:</i> Part A ___ Part A & B: Anatomy & C.O.R.E. (14 hrs) Total: <b>\$600.00*</b> <i>Prerequisites:</i> None ___ Part C: KINETIC CHAIN® Training in Motion App Total: <b>Monthly Subscription</b> <i>Prerequisites:</i> Part A & B	<b>KINETIC CHAIN® Suspension</b> ___ C.O. R. E. Principles & Workout (5 hrs) Total: <b>\$250.00*</b> <i>Recommendations:</i> Part A & B	<b>KINETIC CHAIN® Sports Motion</b> ___ C.O.R.E. Principles & Workout (5 hrs) Total: <b>\$250.00*</b> <i>Recommendations:</i> Part A & B
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**EDUCATION DATE(S)**

\_\_\_ **STOTT PILATES®** Education \_\_\_\_\_  
 \_\_\_ **KINETIC CHAIN®** 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 Self Practice:

Pilates Method? (STOTT PILATES® or Other) \_\_\_\_\_

Mat: \_\_\_\_\_: \_\_\_\_\_ none, \_\_\_\_\_ 1 - 10 hours, \_\_\_\_\_ 10 - 30 hours, \_\_\_\_\_ 30+ hours, \_\_\_\_\_ 1 year, \_\_\_\_\_ 2+ years

Reformer: \_\_\_\_\_: \_\_\_\_\_ none, \_\_\_\_\_ 1 - 10 hours, \_\_\_\_\_ 10 - 30 hours, \_\_\_\_\_ 30+ hours, \_\_\_\_\_ 1 year, \_\_\_\_\_ 2+ years

Other (Cadillac, Chair and/or Barrels): \_\_\_\_\_: \_\_\_\_\_ 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 (i.e., pilates, yoga, group fitness, personal trainer or none): \_\_\_\_\_

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

The Certification(s) I aspire to achieve:

◆ STOTT PILATES® Level 1 Certification ____ Matwork ____ Reformer ____ Matwork & Reformer ____ Matwork, Reformer, Cadillac, Chair & Barrels	◆ STOTT PILATES® Level 1 & 2 Certification ____ Matwork ____ Reformer ____ Matwork & Reformer ____ Matwork, Reformer, Cadillac, Chair & Barrels	◆ STOTT PILATES® Full Certification ____ Matwork, Reformer, Cadillac, Chair & Barrels & Completion of the ISP Course
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**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 (Option: Attend KINETIC CHAIN® Training - Anatomy for Movements)

\_\_\_\_ I am registering for the KINETIC CHAIN® Training - Anatomy for Movements; Date: \_\_\_\_\_

\_\_\_\_ It is not my first STOTT PILATES® Course (Prerequisite: Submit 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

**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)