



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: _____ **City, State, Zip:** _____

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

REGISTRATION POLICIES

REFUND POLICIES FOR ALL EDUCATION: Prices are subject to change.

Registration fee (RF) of \$100.00 per education is the minimal requirement to reserve placement. (RF) payment is deducted from Total fee per education. Refund(s) will be processed in full payment if the registered education is not conducted.

STOTT PILATES® Education: INTENSIVE PROGRAMS (Level 1)

STOTT PILATES® Education: ADVANCED PROGRAM (Level 2)

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

STOTT PILATES® CERTIFICATION EXAM: Achieve internationally recognized STOTT PILATES® Certification

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

Supplement current instruction and programming and Earn CECs: Maximum 0.2 STOTT PILATES® CECs annually and 1.0 PMA® CECs per hour

KINETIC CHAIN® Training <input type="checkbox"/> Part A: Functional Anatomy for Movements (8 hrs) Total: \$375.00* <u>Prerequisites:</u> None <input type="checkbox"/> Part B: C.O.R.E. Principles & Movements (8 hrs) Total: \$375.00* <u>Prerequisites:</u> Part A <input type="checkbox"/> Part A & B: Functional Anatomy & C.O.R.E. (16 hrs) Total: \$600.00* <u>Prerequisites:</u> None <input type="checkbox"/> Part C: KINETIC CHAIN® Training in Motion App Total: Monthly Subscription <u>Prerequisites:</u> Part A & B	KINETIC CHAIN® Suspension <input type="checkbox"/> C.O. R. E. Principles & Workout (8 hrs) Total: \$250.00* <u>Recommendations:</u> Part A & B	KINETIC CHAIN® Sports Motion <input type="checkbox"/> C.O.R.E. Principles & Workout (8 hrs) Total: \$250.00* <u>Recommendations:</u> 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: ____ Functional 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 (Option: Purchase course materials to familiarize names & exercises prior to start date)

____ Completion Letter of anatomy education (Option: Attend KINETIC CHAIN® Training - Functional Anatomy for Movements)

____ I am registering KINETIC CHAIN® Training - Functional Anatomy for Movements. E-mail info@pilatessouthtexas.com to Inquire 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) - Functional 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)