



CONTINUING EDUCATION APPLICATION

E-mail 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: 1.858.429.5869 E-mail: info@pilatessouthtexas.com Website: http://www.pilatessouthtexas.com

First Name: Last Name:
Address:
City: State: Zip Code:
Phone: E-Mail:
Referral(s): Pilates South Texas Website Merrithew Website or Social Media or Friend | Colleague

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 you know may limit your performances during the education [Medical clearance submission with application as required].

MERRITHEW Continuing Education to maintain professional certification(s)
Qualify for STOTT PILATES, ACE & NPCP CECs

Step 1: Select Option

- Option 1: PRIVATE (One on One with Chau) - Ability to "Customize" education or choose from "Approved" list of Merrithew Workshops & set-up a schedule
Option 2: GROUP - Register preorganized "Approved" Merrithew Workshops on Pilates South Texas Website [It is not necessary to complete this application]

Step 2: Propose Education Date(s) & Select Education(s) [Continue to complete this application if selected Step 1: Option 1]

Proposed Date & Times #1: Proposed Date & Times #2:

STOTT PILATES

Added Benefit:

Become a STOTT PILATES Specialist [There are nine Specialty Tracks]

- [1] Active for Life
[2] Athletic Conditioning
[3] Dance
[4] Golf Conditioning
[5] Group Equipment
[6] Group Matwork
[7] Interdisciplinary
[8] Post-Rehabilitation Conditioning
[9] Pre & Postnatal

Steps to become a Specialist [List of workshops per Specialty Track on pg 2 &3]

- [1] A current STOTT PILATES certification at any level is required in order to be recognized as a "Specialist" in any tracks
[2] Complete eight workshops within a Specialty Track to receive the "specialist" designation

ZEN-GA

CORE

Total Barre

Halo Training

Fascial Movement

KINETIC CHAIN Education:

Supplement instruction & programming with current education created by Center Pose, Inc.
Education Date:

Table with 3 columns: KINETIC CHAIN Training, KINETIC CHAIN Suspension, KINETIC CHAIN Sports Motion. Includes fees for Anatomy Introduction, C.O.R.E. Principles & Workout, and Anatomy & C.O.R.E. Principles.

PAYMENT INFORMATION

Amount: Check [payable to Center Pose, Inc.] or 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.
REFUND POLICIES FOR ALL EDUCATION: Refund(s) will be processed in full payment if the registered education is not conducted.

STOTT PILATES® Specialty Track [CEC]

Active for Life Specialist:

- ___ Armchair Pilates Plus [2]
- ___ Armchair Pilates™ with Handweights [2]
- ___ Assessment & Warm Up for Foundational Movement [2]
- ___ Breathing & Mobility on Stability Barrel™ Lite [2]
- ___ Conditioning Towel Workout [2]
- ___ Dynamic Armchair Pilates [2]
- ___ Fitness Circle® Flow [2]
- ___ Flexion Free Workshop [2]

- ___ Functional Towel Workout [2]
- ___ Intro to Essential Matwork™ [2]
- ___ Matwork Strength & Mobility [2]
- ___ Reformer for Older Adult [2]
- ___ Sculpt & Tone [2]
- ___ Stability Chair for Older Adult [2]
- ___ Total Body Toning [2]
- ___ Ultimate Back Care [2]

Athletic Conditioning Specialist:

- ___ Assessment & Warm Up for Foundational Movement [2]
- ___ Athletic Conditioning on Arc Barrel or Stability Barrel [2]
- ___ Athletic Conditioning on Mat [2]
- ___ Athletic Core Conditioning on Cardio-Tramp® Rebounder [2]
- ___ Athletic Conditioning on Edge [2]
- ___ Athletic Conditioning on Reformer, L1 [2]
- ___ Athletic Conditioning on Reformer, L2 [2]
- ___ Athletic Conditioning on Reformer, L1 & L2 [4]
- ___ Athletic Conditioning on Reformer, L3 [2]
- ___ Athletic Conditioning on Reformer, L4 [2]
- ___ Athletic Conditioning on Stability Chair™, L1 [2]
- ___ Athletic Condition on Stability Chair™, L2 [2]
- ___ Athletic Condition on Stability Cushions™ [2]
- ___ Athletic Condition on V2 Max™ Plus Reformer, L1 [2]
- ___ Athletic Condition on V2 Max™ Plus Reformer, L2 [2]
- ___ Athletic Condition with Fitness Circle® [2]
- ___ Bodyweight Training [2]
- ___ Conditioning for Golf & Rotational Power on Reformer [2]

- ___ Conditioning for Golf & Rotational Power on V2 Max Plus™ Reformer [2]
- ___ Conditioning for Golf & Rotational Power on Mat [2]
- ___ Conditioning for Golf & Rotational Power w/ Weights [2]
- ___ Essential Matwork & Athletic Condition on Stability Cushions™ [4]
- ___ Interval Training on Jumpboard or Cardio-Tramp, L1 [2]
- ___ Interval Training on Jumpboard or Cardio-Tramp, L2 [2]
- ___ Jumpboard Strength & Conditioning [2]
- ___ Jumpboard & Cross-Bow Interval Training [2]
- ___ Jumpboard & Cross-Bow Interval Training [2]
- ___ Pilates Matwork for Men [2]
- ___ Pilates with Medicine Ball [2]
- ___ Precision & Control with Fitness Circle® [2]
- ___ Reformer Intervals on Accessory Boards: Ideal for Teens [2]
- ___ Reformer Programming for Foundational Movement [2]
- ___ Reformer Workout for Men [2]
- ___ Rotational Disks on Mat [2]
- ___ Soft Kettlebell™ Plus Workout [2]

Dance Specialist:

- ___ Breathing & Mobility on Stability Barrel™ Lite [2]
- ___ Foam Roller™ Challenge, L1 [2]
- ___ Foam Roller™ Challenge, L2 [2]
- ___ Foam Roller™ Plus, L1 & L2 [4]
- ___ Full Advanced Matwork Workout [2]
- ___ Full Advanced Reformer Workout [2]
- ___ Full Intermediate Matwork Workout [2]
- ___ Full Intermediate Reformer Workout [2]
- ___ Intense Sculpting Challenge [2]
- ___ Matwork Flow wth Ankle Tubing [2]
- ___ Matwork Flow Conditioning Sequence Workout [2]

- ___ Matwork Flow with Weights [2]
- ___ Matwork Flow Conditioning Sequence Workout & Matwork Flow with Weights [4]
- ___ Mini Foam Roller™ Flow [2]
- ___ Precision & Control with Fitness Circle® [2]
- ___ Reformer & Cardio-Tramp® Barre Workout [2]
- ___ Superior Balance [2]
- ___ Stability Ball™ Challenge [2]
- ___ Stability Barrel™ Create Balance & Control [2]
- ___ Stability Barrel™ Flow: Intermediate Challenge [2]
- ___ Stability Chair™ Flow Workout [2]
- ___ Ultimate Body Sculpting [2]

Golf Conditioning Specialist:

- ___ Conditioning for Golf & Rotational Power on Reformer [2]
- ___ Conditioning for Golf & Rotational Power on V2Max Plus™ Reformer [2]
- ___ Conditioning for Golf & Rotational Power on Mat [2]
- ___ Conditioning for Golf & Rotational Power w/ Weights [2]
- ___ Functional Towel Workout [2]
- ___ Jumpboard & Cross-Bow Interval Training [2]
- ___ Pilates Matwork for Golf, L1 [2]
- ___ Pilates Matwork for Golf, L2 [2]

- ___ Pilates Matwork for Golf, L1 & L2 [4]
- ___ Pilates Matwork for Men [2]
- ___ Reformer Workout for Men [2]
- ___ Rotational Disks on Mat [2]
- ___ Sliding Mobility Disks™ for Dynamic Stabilization, Matwork [2]
- ___ Soft Kettlebell™ Plus Workout [2]
- ___ Total Body Toning [2]

Group Equipment Specialist:

- ___ Athletic Conditioning on Reformer, L1 [2]
- ___ Athletic Conditioning on Reformer, L2 [2]
- ___ Athletic Conditioning on Reformer, L1 & L2 [4]
- ___ Athletic Conditioning on Reformer, L3 [2]
- ___ Athletic Conditioning on Reformer, L4 [2]
- ___ Group Reformer Classes: Teaching Skills & Programming Choices [2]
- ___ Group Stability Chair™ Classes: Teaching Skills & Programming Choices [2]
- ___ Interval Training on Jumpboard or Cardio-Tramp™, L1 [2]
- ___ Interval Training on Jumpboard or Cardio-Tramp™, L2 [2]

- ___ Introduction to Circuit Training [2]
- ___ Jumpboard Strength & Conditioning [2]
- ___ Jumpboard & Cross-Bow Interval Training [2]
- ___ Reformer Intervals on Accessory Boards: Ideal for Teens [2]
- ___ Reformer with Fitness Circle® [2]
- ___ Reformer with Padded Platform Extender [2]
- ___ Reformer Workout for Men [2]
- ___ Studio Circuit Training [2]
- ___ Teaching Reformer to First-Timers [2]

STOTT PILATES® Specialty Track [CEC]

Group Matwork Specialist:

- ___ 3-D Balance [2]
- ___ Assessment & Warm Up for Foundational Movement [2]
- ___ Athletic Conditioning with Fitness Circle® [2]
- ___ Athletic Conditioning on Stability Cushions™ [2]
- ___ Athletic Conditioning on Mat [2]
- ___ Bodyweight Training [2]
- ___ Breathing & Mobility on Stability Barrel™ Lite [2]
- ___ Conditioning for Golf & Rotational Power on Mat [2]
- ___ Conditioning for Golf & Rotational Power with Weights [2]
- ___ Conditioning Towel Workout [2]
- ___ Core Balance [2]
- ___ Dynamic Armchair Pilates [2]
- ___ Dynamic Balance [2]
- ___ Essential Matwork and Athletic Conditioning on Stability Cushions™ [4]
- ___ Essential Matwork on Stability Cushions™ [2]
- ___ Essential Matwork with a Fascial Focus [2]
- ___ Flexion Free [2]
- ___ Form Roller™ Plus, Levels 1 & L2 [4]
- ___ Functional Towel Workout [2]
- ___ Group Matwork Classes: Teaching Skills & Programming Choices [2]
- ___ Intense Sculpting Challenge [2]
- ___ Matwork Interval Training, L1 [2]
- ___ Matwork Interval Training, L2 [2]
- ___ Matwork Flow Conditioning Sequence Workout [2]
- ___ Matwork Flow Conditioning Workout & Matwork Flow with Weights [4]
- ___ Matwork Flow with Weights [2]

- ___ Matwork Programming for Foundational Movement [2]
- ___ Matwork Strength & Mobility [2]
- ___ Matwork with Props: Strength & Endurance for Teens [2]
- ___ Mini Form Roller™ Flow [2]
- ___ Mini Stability Ball™ Workout [2]
- ___ Pilates Matwork for Golf, L1 [2]
- ___ Pilates Matwork for Golf, L2 [2]
- ___ Pilates Matwork for Golf, L1 & L2 [4]
- ___ Pilates Matwork for Men [2]
- ___ Pilates with Props, L1 [2]
- ___ Pilates with Props, L2 [2]
- ___ Pilates with Props, L1 & L2 [4]
- ___ Power Paced Fitness Circle® [2]
- ___ Precision & Control with Fitness Circle® [2]
- ___ Sculpt & Tone [2]
- ___ Sliding Mobility Disks™ for Dynamic Stabilization, Matwork [2]
- ___ Soft Kettlebell™ Plus Workout [2]
- ___ Stability Ball™ Challenge [2]
- ___ Stability Barrel™ Create Balance & Control [2]
- ___ Superior Balance [2]
- ___ Teaching Matwork to First-Timers [2]
- ___ The Secret to Toned Arms, Buns & Thighs [2]
- ___ Total Body Sculpting [2]
- ___ Total Body Toning [2]
- ___ Ultimate Body Sculpting [2]

Interdisciplinary Specialist:

- ___ Assessment & Warm Up for Foundational Movement - Part A [2]
- ___ Breathing & Mobility on Stability Barrel™ Lite [2]
- ___ Essential Matwork with Fascial Focus [2]
- ___ Functional Towel Workout [2]
- ___ Matwork Flow Conditioning Sequence Workout [2]
- ___ Matwork Flow with Weights [2]
- ___ Matwork Flow with Ankle Tubing [2]
- ___ Matwork Programming for Foundational Movement - Part B [2]

- ___ Mini Form Roller™ Flow [2]
- ___ Reformer Programming for Foundational Movement - Part C [2]
- ___ Sliding Mobility Disks™ for Dynamic Stabilization, Matwork [2]
- ___ Stability Barrel™: Create Balance & Control [2]
- ___ Stability Barrel™ Flow: Intermediate Challenge [2]
- ___ Stability Chair™ Flow Workout [2]
- ___ Twist Ball™ Workout [2]

Pre & Postnatal Specialist:

- ___ Post-Natal Pilates [2]
- ___ Prenatal Pilates with Stability Ball™ & Flex-Band® [2]
- ___ Prenatal Pilates on Cadillac [2]
- ___ Prenatal Pilates on Edge [2]

- ___ Prenatal Pilates on Mat [2]
- ___ Prenatal Pilates on Reformer [2]
- ___ Prenatal Pilates on Split-Pedal Stability Chair™ [2]
- ___ Prenatal Pilates on V2 Max Plus™ Reformer [2]

Post-Rehabilitation Conditioning Specialist:

- ___ Flexion Free Workshop [2]
- ___ Lumbo-Pelvic Region: Equipment Programming for Stability & Function [2]
- ___ Lumbo-Pelvic Region: Matwork for Stability & Function [2]
- ___ Lumbo-Pelvic Region: Reformer Programming for Stability & Function [2]
- ___ Optimization of the Lumbo-Pelvic Region: Part A & B [6]
- ___ Optimization of the Shoulder Complex [2]
- ___ Postural Analysis Review [2]
- ___ Postural Analysis & Application to Pilates Exercises [4]

- ___ Stabilization Principles [2]
- ___ The Knee: Equipment Programming for Stability & Function [2]
- ___ The Knee: Matwork Programming for Stability & Function [2]
- ___ The Knee: Reformer Programming for Stability & Function [2]
- ___ The Shoulder Girdle: Equipment Programming for Stability & Function [2]
- ___ The Shoulder Girdle: Matwork Programming for Stability & Function [2]
- ___ The Shoulder Girdle: Reformer Programming for Stability & Function [2]
- ___ Ultimate Back Care [2]

The information is subject to change due to changes in Merrithew's guidelines. Pilates South Texas will update this list as required.

Pilates South Texas will consult students desiring to pursue recognition as a STOTT PILATES® "Specialist" in any track of their interest.