



The exclusive STOTT PILATES® Licensed Training Center in Texas

[www.pilatessouthtexas.com](http://www.pilatessouthtexas.com)

Training Center Address:

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**STOTT PILATES® INTENSIVE PROGRAMS (Level 1)**

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

<p><b>IMP - Intensive Mat-Plus™ (40 hrs)</b> <b>Prerequisites:</b> Knowledge of functional anatomy &amp; 30+ hours of Pilates classes <b>Continuing Education Credits:</b> 4.0 STOTT PILATES®, 4.0 ACE®, 40 NPCP</p> <p><u>8 Days, 40 Hours</u> In-Studio Sept 16: Thu 12:00 PM - 5:30 PM Sept 17-18: Fri, Sat 2:00 PM - 7:30 PM Sept 19: Sun 12:00 PM - 5:30 PM Sept 23: Thu 12:00 PM - 5:30 PM Sept 24-25: Fri, Sat 2:00 PM - 7:30 PM Sept 26: Sun 12:00 PM - 5:30 PM</p> <p><u>13 Days, 40 Hours</u> Virtual Please check Virtual schedule</p>	<p><b>AM - Advanced Matwork (6 hrs)</b> <b>Prerequisites:</b> IMP Course <b>Continuing Education Credits:</b> 0.6 STOTT PILATES®, 0.6 ACE®, 6 NPCP</p> <p><u>1 Day, 6 Hours</u> In-Studio TBA</p> <p><u>2 Days, 6 Hours</u> Virtual Please check Virtual schedule</p>
<p><b>IR - Intensive Reformer (50 hrs)</b> <b>Prerequisites:</b> Knowledge of functional anatomy &amp; 30+ hours of Pilates classes <b>Continuing Education Credits:</b> 5.0 STOTT PILATES®, 5.0 ACE®, 50 NPCP</p> <p><u>10 Days, 50 Hours</u> In-Studio Aug 4-5: Wed, Thu 12:00 PM - 5:30 PM Aug 6-8: Fri, Sat, Sun 2:00 PM 7:30 PM Aug 18-19: Wed, Thu 12:00 PM - 5:30 PM Aug 20-21: Fri, Sat 2:00 PM - 7:30 PM Aug 22: Sun 12:00 PM - 5:30 PM</p>	<p><b>AR - Advanced Reformer (18 hrs)</b> <b>Prerequisites:</b> IR Course <b>Continuing Education Credits:</b> 1.8 STOTT PILATES®, 1.8 ACE®, 18 NPCP</p> <p><u>3 Days, 18 Hours</u> In-Studio Jul 9-10: Fri, Sat 1:00 PM - 7:30 PM Jul 11: Sun 12:00 PM - 6:30 PM</p> <p><u>3 Days, 18 Hours</u> In-Studio Oct 29-30: Fri, Sat 1:00 PM - 7:30 PM Oct 31: Sun 12:00 PM - 6:30 PM</p>
<p><b>ICCB - Intensive Cadillac, Chair &amp; Barrels (50 hrs)</b> <b>Prerequisites:</b> IMP Course or IR Course <b>Continuing Education Credits:</b> 5.0 STOTT PILATES®, 5.0 ACE®, 50 NPCP</p> <p><b>ICAD - Intensive Cadillac Module (25 hrs)</b> <u>5 Days, 25 Hours</u> In-Studio Sept 30: Thu 12:00 PM - 5:30 PM Oct 1-2: Fri, Sat 2:00 PM - 7:30 PM Oct 3-4: Sun, Mon 12:00 PM - 5:30 PM</p> <p><b>ICHR - Intensive Chair Module (15 hrs)</b> <u>3 Days, 15 Hours</u> In-Studio Sept 9: Thu 12:00 PM - 5:30 PM Sept 10-11: Fri, Sat 2:00 PM - 7:30 PM</p> <p><b>IBRL - Intensive Barrels Module (10 hrs)</b> <u>2 Days, 10 Hours</u> In-Studio Sept 12-13: Sun, Mon 12:00 PM - 5:30 PM</p>	<p><b>ACCB - Advanced Cadillac, Chair &amp; Barrels (12 hrs)</b> <b>Prerequisites:</b> ICCB or ICAD, ICHR, IBRL (for respective advanced module) <b>Continuing Education Credits:</b> 1.2 STOTT PILATES®, 1.2 ACE®, 12 NPCP</p> <p><b>ACAD - Advanced Cadillac Module (6 hrs)</b> <u>1 Day, 6 Hours</u> In-Studio Nov 6: Sat 12:00 PM - 6:30 PM</p> <p><b>ACHR - Advanced Chair Module (3 hrs)</b> <u>1 Day, 3 Hours</u> In-Studio Nov 7: Sun 10:00 AM - 1:00 PM</p> <p><b>ABRL - Advanced Barrels Module (3 hrs)</b> <u>1 Day, 3 Hours</u> In-Studio Nov 7: Sun 1:30 PM - 4:30 PM</p>
<p><b>ISP: INJURIES &amp; SPECIAL POPULATIONS (24 hrs)</b> <b>Prerequisites:</b> IMP Course or IR Course <b>Continuing Education Credits:</b> 2.4 STOTT PILATES®, 2.4 ACE®, 24 NPCP</p> <p><u>4 Days, 24 Hours</u> In-Studio Oct 21-23: Thu, Fri, Sat 1:00 PM - 7:30 PM Oct 24: Sun 11:00 AM - 5:30 PM</p>	

Dates and times are subject to change. Visit [www.pilatessouthtexas.com](http://www.pilatessouthtexas.com) to verify dates and times.

Thank you for choosing us as your STOTT PILATES® education source