



The exclusive STOTT PILATES® Licensed Training Center in Texas

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

Training Center Address:

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**IN-STUDIO STOTT PILATES® Continuing Education - 2022**

**Schedule:** Central Standard Time

**Prerequisites:** None

**Continuing Education Credits:** 0.2 STOTT PILATES®, 0.2 ACE® and 2.0 NPCP per workshop

**STOTT PILATES® Workshops on Saturday, January 22<sup>nd</sup>:**

- (1) STOTT PILATES® Conditioning for Golf & Rotational Power on the Reformer  
11:00 AM - 1:00 PM Central Standard Time
- (2) STOTT PILATES® Conditioning for Golf & Rotational Power on V2 Max Plus™ Reformer  
1:30 PM - 3:30 PM Central Standard Time
- (3) STOTT PILATES® Athletic Conditioning on the V2 Max Plus™ Reformer, Level 1  
4:00 PM - 6:00 PM Central Standard Time

**STOTT PILATES® Workshops on Sunday, January 23<sup>rd</sup>:**

- (1) STOTT PILATES® Reformer with Padded Platform Extender  
10:00 AM - 12:00 PM Central Standard Time
- (2) STOTT PILATES® Reformer with Fitness Circle®  
12:30 PM - 2:30 PM Central Standard Time
- (3) STOTT PILATES® Essential Reformer on the V2 Max Plus™  
3:00 PM - 5:00 PM Central Standard Time

**STOTT PILATES® Workshops on Wednesday, March 2<sup>nd</sup>:**

- (1) STOTT PILATES® Essential Reformer on the V2 Max Plus™  
5:30 PM - 7:30 PM Central Standard Time

**STOTT PILATES® Workshops on Wednesday, March 30<sup>th</sup>:**

- (1) STOTT PILATES® Intro to Split-Pedal Stability Chair™  
5:30 PM - 7:30 PM Central Standard Time

**STOTT PILATES® Workshops on Wednesday, April 13<sup>th</sup>:**

- (1) STOTT PILATES® Reformer & Padded Platform Extender  
5:30 PM - 7:30 PM Central Standard Time

The full description and fee for each workshop is on Pilates South Texas Online Scheduler.

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