



## The exclusive STOTT PILATES® Licensed Training Center in Texas

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

### Training Center Address:

CENTER POSE, INC. d/b/a PILATES SOUTH TEXAS  
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### STOTT PILATES® INTENSIVE PROGRAMS (Level 1)

#### IMP - Intensive Mat-Plus™, 2<sup>nd</sup> Edition (40 hrs)

**Prerequisites:** Knowledge of functional anatomy & 30+ hours of Pilates classes  
**Continuing Education Credits:** STOTT PILATES®, ACE®, NPCP

##### 13 Days, 40 Hours In-Studio

Feb 2-3: Wed, Thu 4:00 PM - 7:30 PM; Feb 4: Fri 4:30 PM - 7:30 PM  
 Feb 5-6: Sat, Sun 12:00 PM - 3:00 PM  
 Feb 16-18: Wed, Thu, Fri 4:30 PM - 7:30 PM  
 Feb 19-20: Sat, Sun 12:00 PM - 3:00 PM  
 Feb 25: Fri 4:30 PM - 7:30 PM; Feb 26-27: Sat, Sun 12:00 PM - 3:00 PM

##### 13 Days, 40 Hours In-Studio

Apr 20-22: Wed, Thu, Fri 3:00 PM - 7:00 PM  
 Apr 23-24: Sat, Sun 12:00 PM - 4:00 PM  
 Apr 27-29: Wed, Thu, Fri 3:00 PM - 7:00 PM  
 Apr 30-May 1: Sat, Sun 12:00 PM - 4:00 PM

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

#### AM - Advanced Matwork (6 hrs)

**Prerequisites:** IMP Course  
**Continuing Education Credits:** STOTT PILATES®, ACE®, NPCP

##### 2 Days, 6 Hours In-Studio

Mar 13: Sun 12:00 PM - 3:00 PM  
 Mar 14: Mon 4:30 AM - 7:30 PM

##### 2 Days, 6 Hours In-Studio

May 3: Tue 4:30 PM - 7:30 PM  
 May 4: Wed 4:30 AM - 7:30 PM

#### IR - Intensive Reformer (50 hrs)

**Prerequisites:** Knowledge of functional anatomy & 30+ hours of Pilates classes  
**Continuing Education Credits:** STOTT PILATES®, ACE®, NPCP

##### 10 Days, 50 Hours In-Studio

Jan 26-29: Wed, Thu, Fri, Sat 2:00 PM - 7:30 PM  
 Jan 30: Sun 12:00 PM - 5:30 PM  
 Feb 9-12: Wed, Thu, Fri, Sat 2:00 PM - 7:30 PM  
 Feb 13: Sun 12:00 PM - 5:30 PM

##### 10 Days, 50 Hours In-Studio

May 6-7: Fri, Sat 2:00 PM - 7:30 PM; May 8: Sun 12:00 PM - 5:30 PM  
 May 13-14: Fri, Sat 2:00 PM - 7:30 PM; May 15: Sun 12:00 PM - 5:30 PM  
 May 19-21: Thu, Fri, Sat 2:00 PM - 7:30 PM; May 22: Sun 12:00 PM - 5:30 PM

#### AR - Advanced Reformer (18 hrs)

**Prerequisites:** IR Course  
**Continuing Education Credits:** STOTT PILATES®, ACE®, NPCP

##### 3 Days, 18 Hours In-Studio

Mar 18-19: Fri, Sat 1:00 PM - 7:30 PM  
 Mar 20: Sun 11:00 AM - 5:30 PM

##### 3 Days, 18 Hours In-Studio

Jun 24-25: Fri, Sat 1:00 PM - 7:30 PM  
 Jun 26: Sun 11:00 AM - 5:30 PM

#### ICCB - Intensive Cadillac, Chair & Barrels (50 hrs)

**Prerequisites:** IMP Course or IR Course  
**Continuing Education Credits:** STOTT PILATES®, ACE®, NPCP

#### ICAD - Intensive Cadillac Module (25 hrs)

##### 5 Days, 25 Hours In-Studio

Apr 6-9: Wed, Thu, Fri, Sat 2:00 PM - 7:30 PM  
 Apr 10: Sun 11:00 AM - 4:30 PM

#### ICHR - Intensive Chair Module (15 hrs)

##### 3 Days, 15 Hours In-Studio

Jun 1-3: Wed, Thu, Fri 2:00 PM - 7:30 PM

#### IBRL - Intensive Barrels Module (10 hrs)

##### 2 Days, 10 Hours In-Studio

Jun 4: Sat 2:00 PM - 7:30 PM  
 Jun 5: Sun 11:00 AM - 4:30 PM

#### ACCB - Advanced Cadillac, Chair & Barrels (12 hrs)

**Prerequisites:** ICCB or ICAD, ICHR, IBRL (respective advanced module)  
**Continuing Education Credits:** STOTT PILATES®, ACE®, NPCP

#### ACAD - Advanced Cadillac Module (6 hrs)

##### 1 Day, 6 Hours In-Studio

Apr 11: Mon 12:00 PM - 6:30 PM

#### ACHR - Advanced Chair Module (3 hrs)

##### 1 Day, 3 Hours In-Studio

Jun 6: Mon 11:00 AM - 2:00 PM

#### ABRL - Advanced Barrels Module (3 hrs)

##### 1 Day, 3 Hours In-Studio

Jun 6: Mon 2:30 PM - 5:30 PM

#### ISP: INJURIES & SPECIAL POPULATIONS (24 hrs)

**Prerequisites:** IMP Course or IR Course  
**Continuing Education Credits:** 2.4 STOTT PILATES®, 2.4 ACE®, 24 NPCP

##### 4 Days, 24 Hours In-Studio

Mar 24-26: Thu, Fri, Sat 1:00 PM - 7:30 PM; Mar 27: Sun 11:00 AM - 5:30 PM

##### 4 Days, 24 Hours In-Studio

Oct 13-15: Thu, Fri, Sat 1:00 PM - 7:30 PM; Oct 16: Sun 11:00 AM - 5:30 PM

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