



The exclusive STOTT PILATES® Licensed Training Center in Texas

www.pilatessouthtexas.com

Training Center Address:

CENTER POSE, INC. d/b/a PILATES SOUTH TEXAS
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VIRTUAL 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 Sunday, January 23rd:

- (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 2nd:

- (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 30th:

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

STOTT PILATES® Workshops on Wednesday, April 13th:

- (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 to verify dates and times.

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