



The exclusive STOTT PILATES® Licensed Training Center in Texas

www.pilatessouthtexas.com

Training Center Address:

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STOTT PILATES® INTENSIVE PROGRAMS (Level 1)

STOTT PILATES® ADVANCED PROGRAMS (Level 2)

<p>IMP - Intensive Mat-Plus™, 2nd Edition (40 hrs) Prerequisites: Knowledge of functional anatomy & 30+ hours of Pilates classes Continuing Education Credits: 4.0 STOTT PILATES®, 4.0 ACE®, 40 NPCP</p> <p><u>13 Days, 40 Hours Virtual</u> 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</p> <p><u>13 Days, 40 Hours Virtual</u> 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</p>	<p>AM - Advanced Matwork (6 hrs) Prerequisites: IMP Course Continuing Education Credits: 0.6 STOTT PILATES®, 0.6 ACE®, 6 NPCP</p> <p><u>2 Days, 6 Hours Virtual</u> Mar 13: Sun 12:00 PM - 3:00 PM Mar 14: Mon 4:30 AM - 7:30 PM</p> <p><u>2 Days, 6 Hours Virtual</u> May 3: Mon 4:30 PM - 7:30 PM May 4: Tue 4:30 AM - 7:30 PM</p>
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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