

FIT164 : Pilates Mat I

Pilates Mat I is designed to expose the student to the Pilates method of body conditioning with a unique system of stretching and strengthening exercises developed over 90 years ago by Joseph Pilates. Pilates strengthens and tones muscle, increases flexibility, and develops better posture. The student learns the basic beginning sequence of exercises and gains an understanding of muscle groups as they relate to Pilates.

Credits 1

Prerequisites

None

Semester Offered

Fall

Spring