

FIT169 : Pilates Mat II

An eight-week course designed for the student who has completed

[FIT164](#)

Pilates Mat I (FIT 164-40 or FIT 164-41). This course will offer the natural progression to the intermediate/advanced Pilates exercises. The student will continue to focus on the importance of the breath and core stabilization. Additional focuses will be several stretching techniques and knowledge of the muscle groups that help promote proper posture.

Credits 1

Prerequisite Courses

[FIT164: Pilates Mat I](#)

Semester Offered

Fall

Spring