

## DAN-D46 — PILATES MAT WORK

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### About This Course

**Transfer:** UC, CSU

1.00 units

**Prerequisite:** None.

**Description:** Structured on the total body floor mat exercises developed by Joseph H. Pilates. Exercises include stretching and strengthening, in a non-impact system of floor work that emphasizes improving alignment, body awareness and control. 54 hours laboratory. (Letter grade only)