

DAN-D47 — PILATES, BEGINNING

About This Course

Transfer: UC, CSU

1.00 units

Prerequisite: None.

Description: This beginning level course in Pilates is based on exercises and concepts developed by Joseph H. Pilates. The course will include mat work and apparatus work on the universal reformer and will emphasize alignment and balance of muscle groups through strengthening, stretching, breathing, and concentration. 54 hours laboratory. (Letter grade only)