

DAN-D49 — PILATES, INTERMEDIATE

About This Course

Transfer: UC, CSU

1.00 units

Prerequisite: DAN-D47.

Description: The continued study of alignment and correctives based on the concepts and exercises of the Pilates method. Students will engage in intermediate mat work and apparatus work and will emphasize alignment and balance of muscle groups through a series of strengthening and stretching exercises. 54 hours laboratory. (Letter grade only)