

DAN-D51 — PILATES, ADVANCED

About This Course

Transfer: UC, CSU

1.00 units

Prerequisite: DAN-D49.

Description: This advanced level course in Pilates teaches alignment and correctives work based on the concepts and exercises developed by Joseph H. Pilates. The course will include advanced mat work and apparatus work and will emphasize alignment and balance of muscle groups through a series of advanced level exercises based on Pilates principles. 54 hours laboratory. (Letter grade only)