
Beginning Mat Pilates

OSHER 869-001

Dates: Fridays, 04/01/16 - 05/13/16, no class 4/29/2016

Times: 3:15 PM - 4:45 PM

Location: Tenth East Senior Center, 237 S. 1000 E., SLC

Instructor: Brenda Butcher, promdatebarbie@gmail.com

Course Overview

This is a Pilates mat class that uses breathing, core conditioning, and body awareness in a series of dynamic exercises to stretch, strengthen and streamline the body. This class encourages lifelong fitness and wellness.

Supplemental Text: PILATES BODY, Brooke Siler (not required)

Supplies And Tools: Pilates or yoga mat. Workout clothes required.

COURSE SCHEDULE:

This class meets for 1.5 lecture/lab hours per week.

The content of this course includes:

Week 1: Introduction and safety, breathing, and fundamental exercises

Week 2: Intro level exercises

Week 3: Level 1 exercises, basic 10

Week 4: Review fundamental exercises and basic 10

Week 5: Level 2 exercises

Week 6: Review and Pilates history