

This course provides students the opportunity to gain core strength, muscular endurance, and flexibility while performing advanced Pilates exercises on the mat. Large apparatuses are introduced to further explore corrective exercises for functional fitness and athletic performance. This course introduces the proper use of the Reformer, Cadillac, Chair and Arc Barrels.

Letter Grade, Pass/No Pass

1

0, 48 - 54

None

None

None

Transferable to both UC and CSU

Area A-8: Kinesiology

Area E - Lifelong Learning and Self Development