

Degrees and Certificates

Course Number	Course Title	Units
KINS11.02	Intermediate Yoga	1 unit
KINS11.03	Gentle Restorative Exercise	1 unit
KINS11.04	Advanced Yoga	1 unit
KINS11.08	Pilates Mat Workout	1 unit
KINS11.09	Intermediate Pilates Mat Workout	1 unit
KINS11.10	Advanced Pilates	1 unit
Area 5: Individual Sports		