

Class Outline

Pilates – Level 1

Sun City West Yoga Club

Class Introduction

Pilates Level 1 will build core and pelvic floor strength, improve posture, decrease back pain, improve balance, and enhance body awareness.

Targeted Level

- | | |
|--|--|
| <input type="checkbox"/> All Levels | <input checked="" type="checkbox"/> Novice |
| <input checked="" type="checkbox"/> Beginner | <input type="checkbox"/> Beginner / Intermediate |
| <input type="checkbox"/> Intermediate | <input type="checkbox"/> Intermediate / Advanced |
| <input type="checkbox"/> Advanced | <input type="checkbox"/> Other (describe): |

Student Prerequisites

- You must be able to comfortably get up from, and down to, the floor unassisted.
- Wear comfortable clothing that allows you to stretch and bend.
- Equipment:
 - A Pilates mat (not a yoga mat)
 - Optional equipment (to be purchased by students):
 - Band
 - Ball (about 5" - 6" diameter)

Classroom Methodology

Pilates Level 1 is practiced in bare feet or special socks; shoes are not allowed. The instructor will guide the class through a series of exercises. Resting poses will be incorporated throughout the class. Options and modifications for each exercise or pose will be presented when they are available.