

Class Outline

Chair Pilates & Yoga

Sun City West Yoga Club

Class Introduction

This class will promote mindfulness and body awareness, build core and pelvic floor strength, improve posture, and increase flexibility and balance.

Exercise and poses will be performed sitting in a chair or standing next to a chair.

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

- Wear comfortable clothing that allows you to stretch and bend
- Equipment:
 - Yoga block and strap

Classroom Methodology

The Pilates & Yoga Chair class can be practiced in bare feet, special yoga/Pilates socks (these are non-slip) or shoes. The instructor will guide the class through a series of exercises and poses. Options and modifications will be given throughout the class.

The instructor will use a hands-on approach, lightly touching a participant to help achieve the proper pose alignment for maximum benefit and to prevent injury. Modifications to poses will be suggested by the instructor to accommodate those with injuries or other physical limitations.