

# Class Outline

## Pilates Stretch

### Sun City West Yoga Club

#### Class Introduction

Pilates is a mind-body workout based on six principles: centering, concentration, control, precision, breath, and flow. Each exercise and movement sequence embodies these six principles. Posture, balance, and pelvic floor function will be improved.

Pilates is a low-impact exercise that can be performed standing, supine, prone, or seated. These classes will focus on mat-based exercises that engage specific muscle groups.

**Stretching** increases your flexibility and range of motion, improves your performance in physical activities, increases blood flow to your muscles, Improves posture. **Pilates** improves posture and balance, strengthens the pelvic floor, and increases core strength.

Pilates is all about no strain, no pain.

Each class will be approximately 60 minutes long.

#### Targeted Level

- |  |  |
|--|--|
| <input checked="" type="checkbox"/> All Levels | <input type="checkbox"/> Novice                  |
| <input 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.
- A Pilates mat (not a yoga mat).
- Optional equipment (to be purchased by each student prior to class):
  - Magic Circles
  - Bands
  - Balls

## Classroom Methodology

Pilates is practiced in bare feet or special yoga socks; shoes are not allowed. The instructor will guide the class through a series of poses with transitional poses in between. Resting poses will be incorporated in these flows. Options and modifications for each pose will be presented when they are available for those looking for less, or more, challenge.

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.

Upon the completion of each class participants should feel stretched, stronger, more flexible, and more confident than when they entered the studio.