

OLLI. Course Proposal. fall 2022.

Fundamentals of Mat and Standing Pilates

Short description for catalog:

Fundamentals of Mat and Standing Pilates builds core strength, lengthens and aligns the body to improve balance and posture.

More detailed description:

Fundamentals of Mat and Standing Pilates is a continuation of Fundamentals of Mat Pilates and Pilates Fundamentals with the Magic Circle..

Weeks 1-3 or 4 will review the basics of neutral spine, pelvis, shoulders, alignment, lengthening and foundation level exercises taught in both courses. Fundamentals of Mat and Standing Pilates will build progressively on these skills to improve balance and posture.

Prerequisites:

Fundamental of Mat Pilates, Fundamentals of Mat Pilates with the Magic Circle or equivalent.

Equipment needed:

Yoga style mat

Optional: straight back chair or wall and mirror.

SD short bio for catalogue:

Susan Duer has been teaching fitness classes including Pilates, Barre, Balletone, Yoga and Step Toning for over 20 years. She completed the BASI Teacher Certificate in Mat Pilates in October 2020. Susan Duer has presented numerous solo recitals on fortepiano at OLLI and throughout the U.S. She has a D.M.A. in piano from Peabody Conservatory of the Johns Hopkins University.