

## Fundamentals of Standing and Mat Pilates, OLLI. spring 2023

Fundamentals of Standing and Mat Pilates, spring 2023 is a 5 week summary which builds on Fundamentals of Standing and Mat Pilates offered in fall of 2022. The first sessions will review fall 2022, the remaining 3 will advance toward more intense standing and mat exercises. The continuing focus will be on building strength and control; of neutral spine, shoulders, pelvis, of proper alignment, lengthening and developing core strength to protect the back, to stabilize the body and to improve balance.