

OLLI. Fall 2023. Intermediate Mat and Standing Pilates.

Catalogue description:

Intermediate Mat and Standing Pilates is a continuation of the Foundation level Pilates classes offered in previous semesters. It will offer standard Intermediate level Pilates exercises appropriate for the experienced Pilates practitioner. These exercises are designed to increase core strength, to stabilize the body, and protect the back.

Intermediate Mat and Standing Pilates, a brief course description:

Intermediate Mat and Standing Pilates offers standard intermediate level Pilates exercises. Foundation level versions will be mentioned as modifications or substitutions, but will not be taught in any detail. The first week or two will review more detailed basic concepts of proper alignment, engagement of core muscles, lengthening and proper form. Subsequent weeks will introduce the more demanding intermediate level exercises with limited cue reminders of basics. This course is a continuation of the foundation level classes offered in previous semesters. It is designed for the experienced Pilates practitioner.