FITN 335.1 Pilates I

FITN 335.1 PILATES I
Training of the muscles in the torso through controlled exercises taught at a beginning level. Designed to improve posture, coordination, balance, flexibility and build core strength. Grade Option (Letter Grade or Pass/No Pass). Degree Credit.

Units: 1
Hours/semester: 48-54 Lab

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*