

Course Number

ADA-036-01

Course Description

Students learn the basic, intermediate, and advanced exercises of the Pilates workout. Specifically, the class focuses on techniques that strengthen the core, enhance flexibility and body placement. This class is an ideal training base for all performing artists.

Academic Term

22/SP

By Permission of Instructor

Y

Credits

0.00

Capacity

10

Total Students

0

Academic Department

Theatre & Dance

Field Of Study

Dance (ADA)