

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/FA

Instructor

Geren, Christine

Location & Meeting Time

Henle Dance Pavilion-DANS M 06:30PM-07:45PM

Credits

0.00

Capacity

12

Total Students

12

Academic Department

Theatre & Dance

Field Of Study

Dance (ADA)