

# Pilates – Mat Level 1



HSC 1925

ISCA Certification Training

September 25 and 26, 2010

8 am -1 pm

## **Program Overview:**

Pilates improves your mental and physical well-being, increases flexibility, and strengthens muscles. Pilates uses controlled movements in the form of mat exercises or equipment to tone and strengthen the body. For decades, it's been the exercise of choice for dancers and gymnasts (and now Hollywood actors), but it was originally used to rehabilitate bedridden or immobile patients during World War I. Pilates is a body conditioning routine that seeks to build flexibility, strength, endurance, and coordination without adding muscle bulk. In addition, pilates increases circulation and helps to sculpt the body and strengthen the body's "core" or "powerhouse" (torso). People who do pilates regularly feel they have better posture, are less prone to injury, and experience better overall health. This 10 hour course provides an in depth overview of the theoretical knowledge and practical skills necessary to teach a safe and effective Pilates Mat Class.

**Cost of the Program:** \$ 275. (All necessary equipment will be furnished for use during the course)

**Salary Range:** \$10-\$17 per hour.

## **Requirements:**

- Participants would need to bring beach towel or exercise/yoga mat.
- Student should be in good overall physical health and condition.
- Must submit proof of current CPR certification before being awarded course certification.
- Must be at least 18 years of age.

**If you have any questions please contact:**  
**Corporate and Continuing Education/ Health and Human Services**  
**Fax: 803-981-7327**  
**Phone: 803-981-7194**

Visit our web pages  
[www.yorktech.com/alliedhealth](http://www.yorktech.com/alliedhealth)

*To ensure participation, students should register five business days prior to the start of class. Refunds will not be given to persons cancelling less than two business days prior to the start of class. If we are forced to cancel a class due to low enrollment, full refunds will be made.*