## KINE 2130: Pilates II

A continuation of the practice of Pilates is designed for fitness enthusiasts who want to experience the bountiful benefits of Pilates by embodying safe body alignment principles, increasing circulation, improving strength and flexibility and learning various relaxation techniques. Three hours per week. One hour credit.

Credits 1 Lecture Hours 0 Lab Hours 3 Clinical Hours 0 CIP 36.0108.5123

1 2024-25 Catalog