



## *Pilates* ->Fall 2009 Session II (October 15<sup>th</sup> – December 3<sup>rd</sup>)

### Registration is already underway!

The SU fee for Southwestern students, faculty, staff, retirees, alumni, and their respective spouses or significant others is \$45.00. The Public rate that all applies to all other individuals is \$65.00.

**NOTE:** SPACE IS LIMITED!! Please fill out a SIRA Fitness Registration Packet in order to register for this program. Reg packets can be found on-line at - <http://www.southwestern.edu/offices/sira/fitness>. Participants may also pay for class on-line (with a Pirate Card) or turn in the appropriate fee (make checks payable to “Southwestern University”) to Derek Timourian in CJR 158A.

### Session Schedules and Formats

- **Level I Beginning Class** - Tuesdays/Thursdays, 1:00-1:50pm CJR Aerobics Room
- **Level II Progressive Intermediate Class** - Tuesdays/Thursdays, 12:00-12:50pm CJR Aerobics Room
- **Note:** There will be no class on Thurs, November 26<sup>th</sup> (Thanksgiving). Please plan accordingly.

### Class Description and Difference between Level I and II Classes

Pilates utilizes fluid movement elongating the muscles while strengthening the muscles. Pilates is a system of physical conditioning developed by Joseph H. Pilates in the early 1900's. The exercises emphasize the core muscles of the abdomen, gluteus and back. The Pilates system brings about muscle balance and spinal alignment, which improves posture and body mechanics, and builds strength throughout the entire body.

**Level I Beginner Class** – Open to everyone. No prior experience needed. An excellent workout that provides the foundation and breathing practice necessary to advance to the Level II class, if desired.

**Level II Progressive Intermediate Class** – Prior Level I experience required to participate. In the Level II Class, the participants can expect a more challenging experience while refining their knowledge of the Pilates Movement Principles, and further development of their ability to connect with their core while increasing the intensity of the movement.

### Instructor Qualifications

Lisa McKenna has taught fitness classes since 1984, and has a degree in Sports Medicine. Lisa is certified by the following organizations; The American College of Sports Medicine, as a Health Fitness Instructor, The American Council on Exercise, as a Personal Trainer, and as a Pilates Practitioner with the Internationally recognized Polestar Pilates Education organization

For more information Contact Derek Timourian at 863-1665 or [timourid@southwestern.edu](mailto:timourid@southwestern.edu).