



Pilates -> Spring 2012 Session I (January 9th – March 9th)

Registration is already underway!

The SU fee for Southwestern students, faculty, staff, retirees, alumni, and their respective spouses or significant others is \$30.00 for 1 day/week (choose one day), \$60.00 for 2 days/week (e.g. Mon/Wed or Mon/Fri), and \$80.00 for 3 days/week (Mon/Wed/Fri). The Public rate that all applies to all other individuals is \$50.00/\$100.00/\$140.00 for 1-3 days/week.

NOTE: SPACE IS LIMITED!! Please fill out a SIRA Fitness Registration Form in order to register for this program. Reg forms 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 214 or 222 (upstairs in the Robertson Center).

Session Schedules and Formats

- *Mondays, Wednesdays, and Fridays from 12:00-12:50pm in CJR Aerobics Room*
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- *Note: Class will not be offered on Mon, Jan 16th (MLK Day) since this is an SU holiday.*

Class Description

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..

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.