FITN 335.1 Pilates I

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Training of the muscles in the torso through controlled exercises taught at a beginning level designed to improve posture, coordination and balance; build core strength; and increase flexibility and agility. Grade Option (Letter Grade or Pass/No Pass). Degree Credit.

Units: 0.5 or 1
Hours/semester: 24-54 Lab
AA/AS Degree Requirements: Area E4
Transfer Credit: CSU (CSU GE Area E2), UC*

Courses marked with a (*) are transferable with unit limitations as specified in assist.org. If you have questions, see your counselor.