

# Pilates for Life Long Mobility

Olli • Spring 2024

## Course description

Pilates is a way of moving that incorporates balance, strengthening, and muscular control that everyone needs throughout their lifespan. In this course, we will focus on learning how to improve on key behaviors to maintain health: breathing, posture, strength, stability, and balance.

## Course objectives

- Learn history of Pilates
- Understand the importance of breathing, posture, strength, stability, and balance for health
- Practice and learn Pilates exercises for use at home

## Materials Needed

Please come to class prepared to move in comfortable clothing and sneakers. Hydration is important, so please also bring your own water bottle.

## Important Wellness Information

Please inform me if you have any physical limitations. These exercises are meant to be safe for most, if not all, bodies. It is always best to check with your healthcare provider before beginning any exercise routine.

**Extra Notes:** *Please use each week's handout to practice our exercises at home at least 3 times before we meet for the next class.*

*Barbara Babcock, M. Ed.*

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## Week 1

March 25

- Introduction and Overview of course.
- A history and introduction to Pilates
  - Short video, "[A Rough Dance](#)"
- Define the 6 Principles of Pilates
- Discuss the importance of breathing in the Pilates Method and it's impacts on our health.
- Learn and practice exercises that focus on the breath.

## Week 2

April 1

- Review and perform breathing exercises from week one.
- Discuss Pilates posture and the importance of alignment in the Pilates Method.
- Learn and practice exercises that focus on posture.

## Week 3

April 8

- Review review and perform breathing exercises from week 1 and posture exercises from week two.
- Discuss the need to maintain and grow strength as we age so that stability is held in the body.
- Learn and practice exercises that focus on stability.

## Week 4

April 15

- Review and perform exercises from week 1, posture exercises from week two, and stability exercises from week three.
- Discuss how the first three topics all work together to help us balance.
- Learn and practice exercises that focus on balance.
- Students will complete the last class with a short, at-home Pilates routine to help them practice all four topics for their own health.

