



We build strong kids, strong families, strong communities.

YMCA Pilates Instructor

YMCA of the USA Certification Course

8 Hour Course

This course teaches exercise instructors the basic biomechanics and philosophical principles of Pilates exercise. Participants will learn a series of Pilates mat exercises which are designed to improve muscle strength and flexibility, balance, posture, and overall well-being. Also included is information on how to incorporate Pilates exercises into effective group exercise and personal training programs. Practical sessions included.

PREREQUISITES:

- Current CPR
- YMCA Healthy Lifestyle Principles
- Foundations of YMCA Group Exercise

BRING: *YMCA Pilates Instructor Manual* (see your supervisor for ordering information), **proof of prerequisite certifications**, and workout clothes.

No courses are scheduled at this time. To be notified of training dates, please contact Karla Hudson, 434.9238 or khudson@ymcalincoln.org

