

Santa Ana College 2020 – 2021 Catalog

DNCE 109A Pilates Mat I

Unit(s): 1.0 Class Hours: 9.0 Lecture, 27.0 Lab total.

An introduction to the mat exercises developed by Joseph Pilates to build strength, stability, coordination, and control in the core muscles of the body. Applicable to dance and general body conditioning. A combination of DNCE 109A, DNCE 109B, and DNCE 109C may be taken a maximum of four enrollments. CSU/UC

DNCE 109B Pilates Mat II

Unit(s): 1.0 Class Hours: 9.0 Lecture, 27.0 Lab total.

Continued refinement of skills learned in Pilates Mat I with an emphasis on building strength, stability, coordination, and control in the core muscles of the body. Applicable to dance and general body conditioning. A combination of DNCE 109A, DNCE 109B, and DNCE 109C may be taken a maximum of four enrollments. CSU/UC

DNCE 109C Pilates Mat III

Unit(s): 1.0 Class Hours: 9.0 Lecture, 27.0 Lab total.

Intermediate level course in the mat exercises developed by Joseph Pilates to build strength, stability, coordination, and control in the core muscles of the body. Applicable to dance and general body conditioning. A combination of DNCE 109A, DNCE 109B, and DNCE 109C may be taken a maximum of four enrollments. CSU/UC