



Pilates

Thursdays 5:30-6:30 pm

with
Robin Anderson

With a strong focus on breath, Pilates cultivates a practice around building deep core strength. Progressing from fundamental principles that allow students to focus on specific muscular engagement, this class will proceed to the beginner/intermediate mat sequence of exercises. Overall principles of body alignment and flexibility will be highlighted in this course. Practicing Pilates is a great opportunity to decrease lower back pain, to build a strong posture and to increase hamstring strength and inner thigh engagement and strength. It is a great compliment to many dance forms, particularly ballet. All levels are welcome.

Robin Anderson's knowledge of the Pilates practice is informed by her varied background in dance and arts administration. She recently stepped into the position of Director of the San Francisco Dance Center. Before moving to San Francisco in July 2007, she lived in Columbus, Ohio where she completed her MFA in dance performance and audience development at The Ohio State University and worked at the Wexner Center for the Arts. She was first exposed to Pilates in Portland, Oregon where she lived for nine years working as a performer, choreographer, dance instructor and arts administrator. From the beginning of her Pilates practice it was clear to her how it complemented her dancing. She is certified through the Pilates Method Alliance and studied under Margaret Lane and Lee Kelly.



Pilates Spring Promotion

\$7 per class if taken with another full paid class on the same day

Class cards can also be applied to this class

Mat Rental is available for \$1

(If students choose to bring their own mat, a thicker mat is recommended)

