



LAST MAT STANDING

Presented by Cat Booker
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OVERVIEW

This workout takes traditional Pilates mat work off the floor and puts it into a multi-dimensional place while standing.

Working with the classical Pilates mat repertoire can be utilized as a lifetime of training for a coach or a participant. Being progressive in Pilates programming is essential and regressing to if necessary. With today's work-lifestyle posture in mind, this session also applies the challenges fitness professionals face in the exercise workplace of group fitness too.

Open your mind and have some fun with standing Pilates; yes, for the whole session, there is not a mat in sight!

You will receive a take-home workout to share in your classes if you are Pilates instructor.

OBJECTIVES

The class is a practical experience following an introduction to mat-work moves and how they will be utilized in the session.

Pilates moves and the principals of Pilates are referred to throughout with options for different levels of experience and skills.

SUMMARY

An experience of how a whole Pilates class can be taught and participated in while standing the whole time.

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**