

# DNC 270 : Pilates II

A continuation of Pilates I, this class will focus on mastery of the essential matwork exercises learned in Pilates I, and then add new skills and intermediate matwork exercises.

**Credits** 1

**Session Cycle**

Both Fall and Spring

**Yearly Cycle**

Every Year

**Prerequisite Courses**

DNC 170: Pilates I

**Required Prerequisites**

Or instructor permission.