



Pilates Floor Ballet
Presented by Nicole Rogos
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Friday, May 30, 2008 11:00 AM–12:00 PM

Objective: Learn how to incorporate ballet movements into a mat Pilates class.

Workout

Standing Alignment (Parallel and External Rotation)

- Footwork (parallel and external rotation)
- Plies
- Relevés

Spine Stretch

Supine Position

- Bridge with ballet arms
- 100s with heel beats
- Right side leg circles with battements
- Roll-ups into hinges and twists
- Left leg circles with battements
- Roll-ups into hinges and twists
- Supine leg work (échappés and criss-crosses)

Side-lying

- Leg circles out (ronde jambe)
- Leg circles in
- Side battements with retirés
- Wide circles
- Balance with arms over head and legs extended (slight beats)
- Repeat to other side

Prone

- Spine extensions with arms overhead (point flex point lower)
- Tendus derrière
- Heel beats

Seated

- Seated twist
- Mermaid
- Hip circles

Standing

- Sautés
- Échappés
- Spine stretch
- Balance

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