



Pilates Three Ps

Presented by Reneé Spriggs

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Friday, May 30, 2008 4:30 PM–5:30 PM

Objective: This workshop will help you to understand when and if props should be added to your participants' workouts, as well as explain proper progressions to ensure a safe and effective workout.

Overview of Props:

- What Is a Prop?
- Common and Not So Common Props
- Why and When to Add Props
- Using Props to Assist or Resist
- Common Pitfalls When Adding Props
- Workout Using Props

Notes:

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