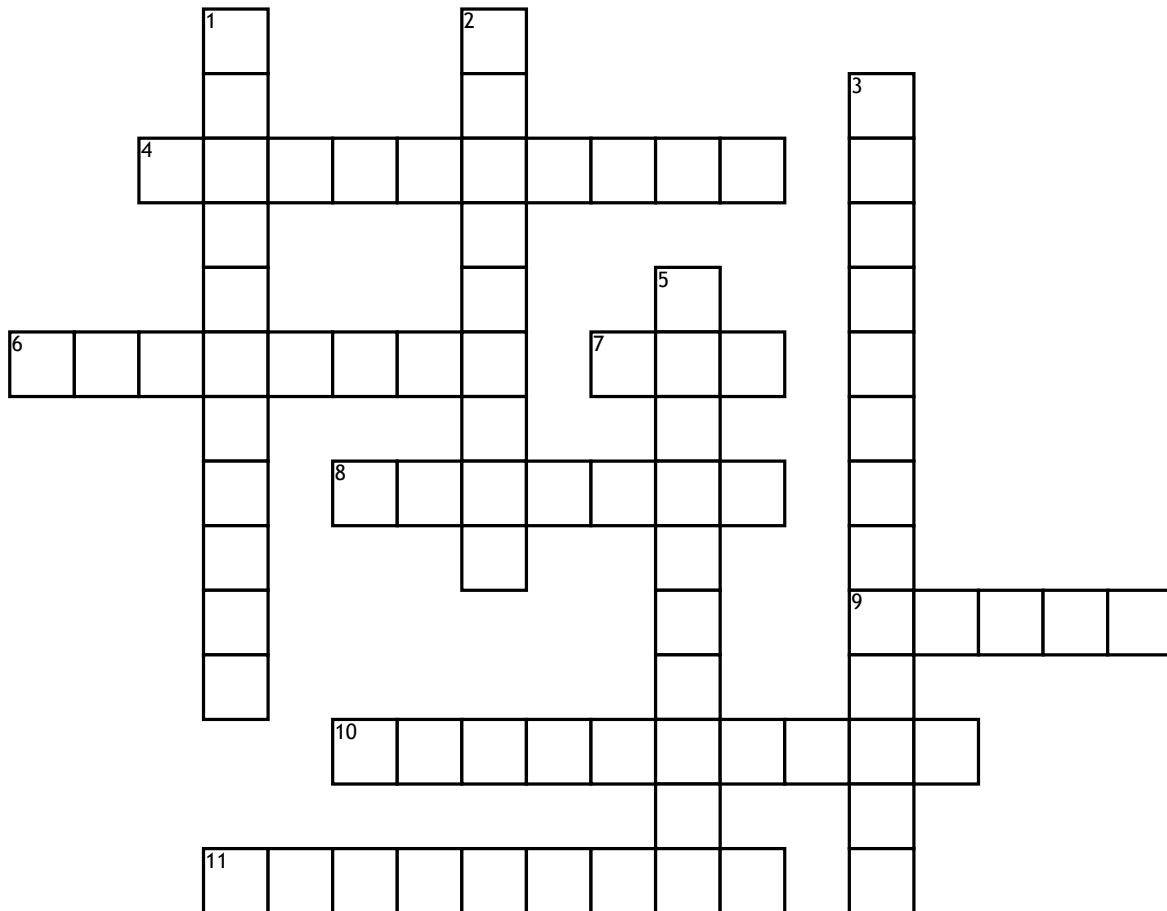


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Pilates Crossword



## Across

4. What is the line that runs from your nose to your naval

6. How do you get credit for this class?

7. What is it called when you form a rectangles with your shoulders and your hips and your arms

8. This course

9. One of your instructors

10. What is it called when you move your spine one vertebrae at a time?

11. What are you sitting on when you "perch"

## Down

1. Where is Laura's studio located?

2. Your teacher

3. Who invented pilates?

5. What does Pilates call your core?