

Pilates Wellness
Club Constitution

Article I

Name of the Club

Pilates Wellness Club

Article II

Purpose of the Club

Create a structure of community that together, applies physical movement, meditation, and mindfulness through the act of mat Pilates and breath work. During the course of one's school year, stress management and physical activity plays a crucial role in maintaining balance of health. Oftentimes we may forget how important the act of mindfulness truly is, especially during eventful times in school, work, or even at home. Our club welcomes a place of the present moment, while connecting the mind and body in the course of a strengthening and relaxing pilates flow. The Pilates Wellness Club aims to bring forth physical, intellectual, and emotional well-being to students and faculty in our Santa Barbara City College community.

Article III

Authority

The Club derives its authority directly from the Student Senate and indirectly from the College Board of Trustees.

Article IV

Membership (Mandatory)

Membership is open to all SBCC Students and faculty regardless of their religious affiliations, gender, age, sexual orientation, ethnicity, etc.

Article V

Meetings

The Santa Barbara City College Pilates Mindfulness Club will meet a minimum of one time each semester. The board, in conjunction with the Faculty Advisor, shall determine the dates, times, and locations of meetings

Article VI

Officers

President - Preside over all meetings. Call special meetings. Organizes ideas and new material to be covered in meetings every week.

Co President - Supports president, takes over in his/her absence. In charge of getting in touch with guest speakers/demonstrators as directed by the President.

Secretary - Records minutes of club meetings, attendees and their email addresses, main ideas discussed in the club. Kept in folders of weeks in accordance.

Treasurer - Keeps financial record, and provides weekly updates regarding financial status of the club.

Article VII

Elections

Officers shall serve 2 terms and will be elected each school year

Article VIII

Amendments

The Constitution shall be amended upon the approval of 65% of all Pilates Club board and members associated with the Pilates Wellness Club.