

BARNARD COLLEGE		PHED BC1004 PHYSICAL EDUCATION COURSES			FALL 2026	
Time	Course Topic Name	Course Number	Course Code	Location	Instructor	
Monday / Wednesday Courses						
8-8:50AM	Cardio Circuits	PHED BC 1004.01	00740	Studio 2	E. Laessig	
10-10:50AM	Pilates Mat	PHED BC 1004.02	00741	Studio 2	L. Northrop	
10-10:50AM	Strength Training	PHED BC 1004.03	00742	BFC	E. Laessig	
11-11:50AM	Pilates Mat	PHED BC 1004.04	00743	Studio 2	L. Northrop	
11-11:50AM	Fitness Outside	PHED BC 1004.05	00744	200 Barnard Annex	E. Laessig	
12-12:50PM	Beginning Yoga	PHED BC 1004.06	00745	Studio 2	M. Rodriguez	
1:10-2PM	Tai Chi	PHED BC 1004.07	00746	Studio 2	S. Shulman	
1:10-2PM	Total Body Fitness	PHED BC 1004.08	00747	BFC	M. Rodriguez	
2:10-3PM	Yoga and Ayurveda	PHED BC 1004.09	00748	Studio 2	L. Northrop	
3:10-4PM	Cardio Circuits	PHED BC 1004.10	00749	Studio 2	M. Rodriguez	
Tuesday / Thursday Courses						
9-9:50AM	Body Sculpt	PHED BC 1004.11	00750	Studio 2	E. Laessig	
10-10:50AM	Yoga Meditation	PHED BC 1004.12	00751	Studio 2	L. Northrop	
10-10:50AM	Strength Training	PHED BC 1004.13	00797	BFC	E. Laessig	
11-11:50AM	Yoga Meditation	PHED BC 1004.14	00798	Studio 2	L. Northrop	
11-11:50AM	Fitness Outside	PHED BC 1004.15	00799	200 Barnard Annex	M. Rodriguez	
12-12:50PM	Body Sculpt	PHED BC 1004.16	00800	Studio 2	E. Laessig	
1:10-2PM	Pilates Mat	PHED BC 1004.17	00801	Studio 2	T. Hunt	
1:10-2PM	Strength Training	PHED BC 1004.18	00802	BFC	M. Rodriguez	
2:10-3PM	Beginning Yoga	PHED BC 1004.20	00804	Studio 2	M. Rodriguez	
3:10-4PM	Pilates Mat	PHED BC 1004.21	00805	Studio 2	T. Hunt	
4:10-5PM	Body Sculpt	PHED BC 1004.22	00806	Studio 2	I. Choquette	
5:10-6PM	Body Sculpt	PHED BC 1004.23	00807	Studio 2	I. Choquette	
Tuesday Only Courses						
2:10-4PM	Health Coaching	PHED BC 1004.19	00803	TBD	L. Northrop	

Please visit pe.barnard.edu for course descriptions and information.