

BARNARD COLLEGE FALL 2017 PHYSICAL EDUCATION COURSES

Monday / Wednesday Courses

Beginning Yoga 9:00-9:50 AM	PHED BC 1693.001	03036	L. Northrop
Beginning Yoga 10:00-10:50 AM	PHED BC 1693.002	07764	L. Northrop
Women's Strength 10:00-10:50 AM	PHED BC 1589.001	00881	G. Padilla
Personal Fitness 11:00-11:50 AM	PHED BC 1102.001	04591	G. Padilla
Core Strength 11:00-11:50 AM	PHED BC 1532.001	07381	K. Thompson
Body Sculpting 3:10-4:00 PM	PHED BC 1581.001	03608	L. Masone
Cardio Sculpt 4:10-5:00 PM	PHED BC 1591.001	04949	L. Masone

Tuesday / Thursday Courses

Body Sculpting 9:00-9:50 AM	PHED BC 1581.002	08819	L. Masone
Beginning Yoga 11:00-11:50 AM	PHED BC 1693.003	05174	L. Northrop
Group Fitness Sampler 12:00-12:50 PM	PHED BC 1500.001	07920	L. Northrop
Personal Fitness 1:10-2:00 PM	PHED BC 1102.002	09259	G. Padilla
Beginning Self Defense 2:10-3:00 PM	PHED BC 1690.001	04587	G. Padilla
T'ai Chi 4:10-5:00 PM	PHED BC 1691.001	06382	S. Shulman

***Campus Conditioning* plus 1 additional hour TBD**

Campus Conditioning Tues 8:00-8:50 AM	PHED BC 1510.001	06531	L. Masone
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Hybrid course including instructional group training and self-paced individual workouts using multiple locations on campus. All areas of physical fitness are included: cardio, core, muscular endurance, and flexibility. Requires self-motivation and focus.

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