

<i>Time</i>	<i>Course Name</i>	<i>Course Number</i>	<i>Course Code</i>	<i>Location</i>	<i>Instructor</i>
Monday / Wednesday Courses					
8-8:50AM	Women's Strength	PHED BC 1589.01	00881	BFC	G. Padilla
9-9:50AM	Personal Fitness	PHED BC 1102.01	04591	BFC	G. Padilla
10-10:50AM	Beginning Yoga	PHED BC 1693.01	03036	Studio 2	L. Northrop
11-11:50AM	Group Fitness Sampler	PHED BC 1500.01	07920	Studio 2	L. Northrop
3:10-4PM	Cardio/Body Sculpt	PHED BC 1591.01	04949	Studio 2	L. Northrop
Tuesday / Thursday Courses					
8-8:50AM	Cardio/Body Sculpt	PHED BC 1591.02	01357	Studio 2	L. Masone
9-9:50AM	Body Sculpt	PHED BC 1581.01	03608	Studio 2	L. Masone
1:10-2PM	Qigong	PHED BC 1692.01	01358	Studio 2	G. Padilla
2:10-3PM	Beginning Self-Defense	PHED BC 1690.01	04587	Studio 2	G. Padilla
Other Courses					
	Yoga-Meditation Mon 4:10-5:25PM	PHED BC 1696.01	01359	Studio 2	L. Northrop
	Yoga-Meditation Wed 4:10-5:25PM	PHED BC 1696.02	01360	Studio 2	L. Northrop
	Yoga Practice Tue 11-11:50AM (plus 1 additional hour TBD)	PHED BC 1800.01	01363	Studio 2	L. Northrop
	Total Body Conditioning Wed 2:10-3PM (plus 1 additional hour TBD)	PHED BC 1510.01	06531	BFC	L. Masone
	Advanced Fitness Pre-test required (9/4-9/7)	PHED BC 2518.01	01364	BFC	G. Padilla

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