

# FALL 2019 FITbear classes: Sept 9 – Dec 6

\*\* no classes Nov 1-5, Nov 27- Dec 1

**There is a 10 minute late policy for all classes.**

**All participants must show a valid Barnard ID or Alum Fit Pass.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				9:30-10:30am <b>Barre+Core</b> Juliana	9:30-10:25am <b>Cardio KickBox</b> Rachel	9:30-10:25am <b>Total Body</b> Rachel
					10:30-11:30am <b>Sculpt</b> Emily	10:30-11:30am <b>Yoga+Core</b> Sophia
12:15-1:00pm <b>Sculpt</b> Melanie		12:15-1:00pm <b>Sculpt</b> Elise				
5:30-6:25pm <b>Sculpt</b> Laura	5:30-6:25pm <b>Yoga+Core</b> Melanie	5:30-6:25pm <b>Sculpt</b> Emily	5:30-6:25pm <b>Cardio Kick Box</b> Rachel	5:30-6:30pm <b>Sculpt</b> Nicole		
6:30-7:25pm <b>Barre+Core</b> Rebecca/Laura	6:30-7:25pm <b>Sculpt</b> Emily	6:30-7:25pm <b>Yoga+Core</b> Stella	6:30-7:30pm <b>Sculpt</b> Nicole			
7:30-8:30pm <b>Zumba</b> Nina	7:30-8:30pm <b>Cardio Kick Box</b> Rachel	7:30-8:30pm <b>Barre+Core</b> Naava				

## Class Descriptions

**Barre+Core** – A barre-less ballet inspired workout to tone legs, arms, core. Improves posture and balance.

**Cardio KickBox** – Non-contact cardio workout to burn calories and have fun. Includes abs, core and stretch.

**Sculpt** – Muscle toning for the whole body using weights, bands and bars.

**Total Body** – Targeted intervals of cardio, strength and core for the whole body.

**Yoga+Core** – Breathe, stretch and strengthen with vinyasa flow yoga including core strength exercises.

**Zumba** – Dance fitness class set to Latin and International music.

**There is a 10 minute late policy for all classes.**

**Athletic shoes required for all classes except Yoga and Barre.**

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[pe.barnard.edu/fitbear](http://pe.barnard.edu/fitbear)