

# SUMMER 2023 FITbear classes: May 30 – Aug 4 \*\*

(No classes: Mon, June 19, Mon, July 3, Tue July 4)

**All classes in Dodge Fitness Center: AR3 or AR4.**

**There is a 5 minute late policy for all classes.**

**All participants must register in advance via IML and show a valid Barnard ID.**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
7:10-8:00pm AR 3	6:30-7:20pm AR 4	7:10-8:00pm AR 3	6:30-7:20pm AR 4
<b>Total Sculpt</b> Rachel	<b>Yoga</b> Sophia	<b>Total Sculpt</b> Laura	<b>Yoga</b> Sophia

\*\* schedule subject to change based on participation. Please check [pe.barnard.edu](http://pe.barnard.edu) for updates.

## Class Descriptions

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

**Yoga** – Breathe, stretch and strengthen with vinyasa flow yoga.

**AR3: third floor below the running track**

**AR4: fourth floor next to the running track**

**There is a 5 minute late policy for all classes.**

**Athletic shoes required for Total Sculpt.**

**All participants must register via IML and show a valid Barnard ID.**

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