

**BARNARD COLLEGE**

**PHYSICAL EDUCATION COURSES**

**FALL 2021**

Time	Course Name	Course Number	Course Code	Location	Instructor
<b>Monday / Wednesday Courses</b>					
8-8:50AM	Beginning Yoga	PHED BC 1693.01	00462	Studio 2	C. Lanzas
9-9:50AM	Core Strength	PHED BC 1532.01	00468	Studio 2	C. Lanzas
10-10:50AM	Body Sculpt	PHED BC 1581.01	00472	Studio 2	L. Northrop
11-11:50AM	Body Sculpt	PHED BC 1581.02	00473	Studio 2	L. Northrop
12:10-1PM	Core Strength	PHED BC 1532.02	00469	Studio 2	C. Lanzas
1:10-2PM	Beginning Yoga	PHED BC 1693.02	00463	Studio 2	M. Rodriguez
2:10-3PM	Body Sculpt	PHED BC 1581.03	00474	Studio 2	I. Choquette
3:10-4PM	Beginning Yoga	PHED BC 1693.03	00464	Studio 2	M. Rodriguez
3:10-4PM	Fitness Outside	PHED BC 1550.01	00480	BFC lobby	I. Choquette
4:10-5PM	Body Sculpt	PHED BC 1581.04	00475	Studio 2	L. Masone
<b>Tuesday / Thursday Courses</b>					
9-9:50AM	Body Sculpt	PHED BC 1581.05	00476	Studio 2	M. Rodriguez
10-10:50AM	Beginning Yoga	PHED BC 1693.04	00465	Studio 2	L. Northrop
11-11:50AM	Beginning Yoga	PHED BC 1693.05	00466	Studio 2	L. Northrop
12:10-1PM	Core Strength	PHED BC 1532.03	00470	Studio 2	C. Lanzas
1:10-2PM	Body Sculpt	PHED BC 1581.06	00477	Studio 2	M. Rodriguez
2:10-3PM	Beginning Yoga	PHED BC 1693.06	00467	Studio 2	C. Lanzas
3:10-4PM	Core Strength	PHED BC 1532.04	00471	Studio 2	C. Lanzas
3:10-4PM	Fitness Outside	PHED BC 1550.02	00480	BFC lobby	L. Masone
4:10-5PM	Tai Chi	PHED BC 1691.01	00481	Studio 2	S. Shulman
5:10-6PM	Tai Chi	PHED BC 1691.02	00482	Studio 2	S. Shulman
<b>Other Courses</b>					
Health Coaching	Mon 2:10-4PM	PHED BC 1105.01	00478	tba	L. Northrop
Health Coaching	Tue 2:10-4PM	PHED BC 1105.02	00479	tba	L. Northrop
Advanced Running	*requires pre-test	PHED BC 2512.01	00542	--	M. Rodriguez
Advanced Fitness	*requires pre-test	PHED BC 2518.01	00483	--	L. Masone

*Please visit [pe.barnard.edu](http://pe.barnard.edu) for course descriptions and information.*