

Time	Course Name	Course Number	Course Code	Location	Instructor
Monday / Wednesday Courses					
9-9:50AM	Beginning Yoga	PHED BC 1693.01	00314	AR 4, DFC	C. Lanzas
10-10:50AM	Core Strength	PHED BC 1532.01	00335	AR 4, DFC	C. Lanzas
11-11:50AM	Tai Chi	PHED BC 1691.01	00780	AR 3, DFC	S. Shulman
11-11:50AM	Core Strength	PHED BC 1532.04	00781	AR 4, DFC	T. Hunt
1:10-2PM	Core Strength	PHED BC 1532.05	00782	AR 3, DFC	C. Lanzas
1:10-2PM	Total Body Fitness	PHED BC 1515.01	00783	BTL, DFC	M. Rodriguez
2:10-3PM	Beginning Yoga	PHED BC 1693.04	00784	AR 3, DFC	C. Lanzas
3:10-4PM	Functional Fitness	PHED BC 1535.01	00785	FF, DFC	M. Rodriguez
3:10-4PM	Fitness Outside	PHED BC 1550.01	00345	Studio 2, BAR	L. Masone
Tuesday / Thursday Courses					
8-8:50AM	Body Sculpt	PHED BC 1581.02	00342	AR 3, DFC	L. Masone
9-9:50AM	Total Body Fitness	PHED BC 1515.02	00786	BTL, DFC	L. Masone
11-11:50AM	Beginning Yoga	PHED BC 1693.05	00787	AR 3, DFC	C. Lanzas
1:10-2PM	Beginning Yoga	PHED BC 1693.06	00788	AR 4, DFC	M. Rodriguez
2:10-3PM	Core Strength	PHED BC 1532.06	00789	AR 3, DFC	C. Lanzas
2:10-3PM	Functional Fitness	PHED BC 1535.02	00790	FF, DFC	M. Rodriguez
3:10-4PM	Personal Fitness	PHED BC 1102.02	00791	BTL, DFC	L. Northrop
3:10-4PM	Fitness Outside	PHED BC 1550.02	00792	Studio 2, BAR	I. Choquette
4:10-5PM	Group Fit Sampler	PHED BC 1500.01	00349	AR 3, DFC	L. Northrop
Other Courses					
Yoga Meditation Wed 2:40-3:55PM		PHED BC 1696.01	00351	BAR 306	L. Northrop
Health Coaching Tue 12:10-2PM		PHED BC 1105.01	00353	BAR 403	L. Northrop
Health Coaching Wed 12:10-2PM		PHED BC 1105.02	00354	MLC 111	L. Northrop
Health Coaching Thurs 12:10-2PM		PHED BC 1105.03	00355	BAR 405	L. Northrop
Advanced Running *requires pre-test		PHED BC 2512.01	00352	-	M. Rodriguez

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