

Time	Course Name	Course Number	Course Code	Location	Instructor
Monday / Wednesday Courses					
9-9:50AM	Beginning Yoga	PHED BC 1693.01	00533	AR 4, DFC	C. Lanzas
10-10:50AM	Beginning Yoga	PHED BC 1693.02	00534	AR 4, DFC	C. Lanzas
11-11:50AM	Tai Chi	PHED BC 1691.01	00532	AR 3, DFC	S. Shulman
11-11:50AM	Pilates Mat	PHED BC 1532.01	00521	AR 4, DFC	T. Hunt
12-12:50PM	Fitness Outside	PHED BC 1550.04	00684	Barnard Annex 2nd Fl	M. Rodriguez
1:10-2PM	Pilates Mat	PHED BC 1532.02	00522	AR 3, DFC	C. Lanzas
1:10-2PM	Total Body Fitness	PHED BC 1515.01	00520	BTL, DFC	M. Rodriguez
2:10-3PM	Pilates Mat	PHED BC 1532.03	00523	AR 3, DFC	C. Lanzas
3:10-4PM	Fitness Outside	PHED BC 1550.01	00528	Barnard Annex 2nd Fl	L. Masone
3:10-4PM	Functional Fitness	PHED BC 1535.01	00526	FF, DFC	M. Rodriguez
Tuesday / Thursday Courses					
8-8:50AM	Body Sculpt	PHED BC 1581.01	00531	AR 3, DFC	L. Masone
9-9:50AM	Beginning Yoga	PHED BC 1693.03	00535	AR4, DFC	C. Lanzas
10-10:50AM	Pilates Mat	PHED BC 1532.04	00524	AR4, DFC	S. Trevino
11-11:50AM	Pilates Mat	PHED BC 1532.05	00525	AR 3, DFC	C. Lanzas
1:10-2PM	Beginning Yoga	PHED BC 1693.04	00536	AR 4, DFC	M. Rodriguez
2:10-3PM	Body Sculpt	PHED BC 1581.02	00685	AR 3, DFC	M. Rodriguez
3:10-4PM	Fitness Outside	PHED BC 1550.03	00530	Barnard Annex 2nd Fl	I. Choquette
3:10-4PM	Yoga Meditation	PHED BC 1696.01	00537	AR 4, DFC	L. Northrop
4:10-5PM	Group Fitness Sampler	PHED BC 1500.01	00517	AR 3, DFC	L. Northrop
4:10-5PM	Functional Fitness	PHED BC 1535.02	00527	FF, DFC	E. Laessig
Other Courses					
Total Body Conditioning Tue 1:10-2PM *plus 1 hour		PHED BC 1510.01	00518	AR 3, DFC	L. Masone
Pilates Practice Thu 1:10-2PM *plus 1 hour		PHED BC 1900.01	00538	AR 3, DFC	L. Northrop
Health Coaching Tue 12:10-2PM		PHED BC 1105.01	00514	MLC LL016	L. Northrop
Health Coaching Wed 10:10AM-12PM		PHED BC 1105.02	00515	BAR 404	L. Northrop
Health Coaching Wed 2:10-4PM		PHED BC 1105.03	00516	BAR 404	L. Northrop

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