

Time	Course Name	Course Number	Course Code	Location	Instructor
Monday / Wednesday Courses					
9-9:50AM	Beginning Yoga	PHED BC 1693.01	00825	Studio 2	C. Lanzas
10-10:50AM	Pilates Mat	PHED BC 1532.01	00813	Studio 2	C. Lanzas
10-10:50AM	Strength Training	PHED BC 1589.01	00822	BFC	M. Rodriguez
12:10-1PM	Tai Chi	PHED BC 1691.01	00823	Studio 3	S. Shulman
1:10-2PM	Tai Chi	PHED BC 1691.02	00824	Studio 3	S. Shulman
1:10-2PM	Beginning Yoga	PHED BC 1693.02	00826	Studio 2	C. Lanzas
2:10-3PM	Pilates Mat	PHED BC 1532.02	00814	Studio 2	T. Hunt
3:10-4PM	Pilates Mat	PHED BC 1532.03	00815	Studio 2	T. Hunt
3:10-4PM	Fitness Outside	PHED BC 1550.01	00818	Barnard Annex 2nd Fl	L. Masone
4:10-5PM	Beginning Yoga	PHED BC 1693.03	00827	Studio 2	S. Trevino
Tuesday / Thursday Courses					
8-8:50AM	Body Sculpt	PHED BC 1581.01	00819	Studio 2	L. Masone
9-9:50AM	Beginning Yoga	PHED BC 1693.04	00828	Studio 2	C. Lanzas
10-10:50AM	Pilates Mat	PHED BC 1532.04	00816	Studio 2	S. Trevino
10-10:50AM	Strength Training	PHED BC 1589.02	00837	BFC	I. Choquette
11-11:50AM	Yoga Meditation	PHED BC 1696.01	00830	Studio 2	L. Northrop
12-12:50PM	Pilates Mat	PHED BC 1532.05	00817	Studio 2	C. Lanzas
1:10-2PM	Beginning Yoga	PHED BC 1693.05	00829	Studio 2	C. Lanzas
2:10-3PM	Personal Fitness	PHED BC 1102.01	00809	BFC	L. Northrop
3:10-4PM	Fitness Outside	PHED BC 1550.02	00838	Barnard Annex 2nd Fl	I. Choquette
4:10-5PM	Body Sculpt	PHED BC 1581.02	00820	Studio 2	E. Laessig
5:10-6PM	Body Sculpt	PHED BC 1581.03	00821	Studio 2	E. Laessig
Other Courses					
Total Body Conditioning Wed 11-11:50AM *plus 1 hour		PHED BC 1510.01	00812	Studio 2	L. Masone
Health Coaching Wed 10:10AM-12PM		PHED BC 1105.01	00810	MLC 613	L. Northrop
Health Coaching Wed 2:10-4PM		PHED BC 1105.02	00811	MLC 613	L. Northrop
Pilates Practice Tue 3:10-4PM *plus 1 hour		PHED BC 1900.01	00831	Studio 2	L. Northrop
Pilates Practice Thu 3:10-4PM *plus 1 hour		PHED BC 1900.02	00832	Studio 2	L. Northrop

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