

Fall 2023 FITbear classes: Sept 11 – Dec 8

BARNARD ID ONLY

No classes: 11/4 - 11/7 (Election Day Weekend), 11/22 - 11/26 (Thanksgiving weekend)

All classes in Dodge Fitness Center, AR3 or AR4.

See website for details: pe.barnard.edu/fitbear

There is a 5 minute late policy for all classes.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				11-11:50am AR 3 Total Sculpt Rachel		10-10:50am AR 4 Kickbox/Sculpt Rachel
5:10-6:00pm AR 4 Total Sculpt Laura	4:10-5:00pm AR 4 Yoga Sophia		4:10-5:00pm AR 4 Barre Mix Sarah	4:10-5:00pm AR 4 Yoga Sophia		

Class Descriptions

Barre Mix - A ballet inspired combination of barre-less barre and other exercises to strengthen and lengthen the entire body.

Kickbox / Sculpt – Intervals of non-contact cardio kick box with a full core section at the end.

Total Sculpt – Muscle toning for the whole body using equipment and body weight.

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 and Kick Box.

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

IMLeagues Sign Up

