

Spring 2023 FITbear classes: Jan 19 – Apr 28

No classes:

Sat, Mar 11 - Sun, Mar 19

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
				1:10-2:00pm AR 3 Total Sculpt Rachel	10:00-10:50am AR 3 Total 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 Kick Box / Sculpt Rachel	4:10-5:00pm AR 4 Yoga Sophia		5:10-6:00pm AR 4 Yoga Yumtso

Class Descriptions

Kickbox / Sculpt – Intervals of non-contact cardio kick box with a full ab 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.

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