# Physical Education Courses

## Spring 2020

<table>
<thead>
<tr>
<th>Time</th>
<th>Course Name</th>
<th>Course Number</th>
<th>Course Code</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday / Wednesday Courses</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00-8:50AM</td>
<td>Yoga Sculpt</td>
<td>PHED BC 1694.01</td>
<td>00081</td>
<td>Studio 2</td>
<td>K. Thompson</td>
</tr>
<tr>
<td>9:00-9:50AM</td>
<td>Core Strength</td>
<td>PHED BC 1532.01</td>
<td>00083</td>
<td>Studio 2</td>
<td>K. Thompson</td>
</tr>
<tr>
<td>10:00-10:50AM</td>
<td>Personal Fitness</td>
<td>PHED BC 1102.01</td>
<td>00085</td>
<td>BFC</td>
<td>L. Northrop</td>
</tr>
<tr>
<td>11:00-11:50AM</td>
<td>Group Fitness Sampler</td>
<td>PHED BC 1500.01</td>
<td>00136</td>
<td>Studio 2</td>
<td>L. Northrop</td>
</tr>
<tr>
<td>1:00-2:00PM</td>
<td>Beginning Yoga</td>
<td>PHED BC 1693.01</td>
<td>00087</td>
<td>Studio 2</td>
<td>K. Thompson</td>
</tr>
<tr>
<td><strong>Tuesday / Thursday Courses</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00-9:50AM</td>
<td>Cardio Sculpt</td>
<td>PHED BC 1591.01</td>
<td>00088</td>
<td>Studio 2</td>
<td>L. Masone</td>
</tr>
<tr>
<td>10:00-10:50AM</td>
<td>Core Strength</td>
<td>PHED BC 1532.02</td>
<td>00084</td>
<td>Studio 2</td>
<td>K. Thompson</td>
</tr>
<tr>
<td>12:00-12:50PM</td>
<td>Yoga Sculpt</td>
<td>PHED BC 1694.02</td>
<td>00089</td>
<td>Studio 2</td>
<td>K. Thompson</td>
</tr>
<tr>
<td>1:00-2:00PM</td>
<td>Beginning Yoga</td>
<td>PHED BC 1693.02</td>
<td>00086</td>
<td>Studio 2</td>
<td>K. Thompson</td>
</tr>
<tr>
<td>4:00-5:00PM</td>
<td>Tai Chi</td>
<td>PHED BC 1691.01</td>
<td>00090</td>
<td>Studio 2</td>
<td>S. Shulman</td>
</tr>
</tbody>
</table>

### Other Courses

- **Yoga-Meditation**  
  Mon 2:40-3:55PM  
  PHED BC 1696.01  
  00091  
  Studio 2  
  L. Northrop

- **Yoga-Meditation**  
  Wed 2:40-3:55PM  
  PHED BC 1696.02  
  00092  
  Studio 2  
  L. Northrop

- **Yoga Practice**  
  Tue 2:10-3 PM (plus 1 additional hour TBD)  
  PHED BC 1800.01  
  00093  
  Studio 2  
  L. Northrop

- **Total Body Conditioning**  
  Thu 2:10-3 PM (plus 1 additional hour TBD)  
  PHED BC 1510.01  
  00094  
  BFC  
  L. Masone

- **Health Coaching**  
  Tue 10:10AM-12:00PM  
  PHED BC 1105.01  
  00095  
  TBA  
  L. Northrop

- **Advanced Fitness**  
  Pre-test Required: Jan 21-24  
  PHED BC 2518.01  
  00096  
  BFC  
  L. Masone

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