

Time	Course Name	Course Number	Course Code	Location	Instructor
Monday / Wednesday Courses					
9-9:50AM	Beginning Yoga	PHED BC 1693.01	00225	Studio 2	C. Lanzas
10-10:50AM	Core Strength	PHED BC 1532.01	00246	Studio 2	C. Lanzas
11-11:50AM	Yoga Meditation	PHED BC 1696.01	00267	Studio 2	L. Northrop
12-12:50PM	Yoga Meditation	PHED BC 1696.02	00268	Studio 2	L. Northrop
1:10-2PM	Body Sculpt	PHED BC 1581.01	00269	Studio 2	M. Rodriguez
2:10-3PM	Core Strength	PHED BC 1532.02	00249	Studio 2	C. Lanzas
2:10-3PM	Strength Training	PHED BC 1589.01	00278	BFC	I. Choquette
3:10-4PM	Body Sculpt	PHED BC 1581.02	00272	Studio 2	I. Choquette
3:10-4PM	Strength Training	PHED BC 1589.02	00281	BFC	M. Rodriguez
4:10-5PM	Core Strength	PHED BC 1532.05	00475	Studio 2	T. Hunt
Tuesday / Thursday Courses					
8-8:50AM	Body Sculpt	PHED BC 1581.03	00275	Studio 2	L. Masone
10-10:50AM	Strength Training	PHED BC 1589.03	00283	BFC	M. Rodriguez
11-11:50AM	Core Strength	PHED BC 1532.03	00262	Studio 2	C. Lanzas
12-12:50PM	Yoga Sculpt	PHED BC 1694.01	00285	Studio 2	M. Rodriguez
1:10-2PM	Core Strength	PHED BC 1532.04	00263	Studio 2	C. Lanzas
2:10-3PM	Beginning Yoga	PHED BC 1693.02	00239	Studio 2	C. Lanzas
3:10-4PM	Tai Chi	PHED BC 1691.01	00286	Studio 2	S. Shulman
4:10-5PM	Tai Chi	PHED BC 1691.02	00287	Studio 2	S. Shulman
5:10-6PM	Body Sculpt	PHED BC 1581.04	00476	Studio 2	E. Laessig
Other Courses					
Health Coaching	Tue 12:10-2PM	PHED BC 1105.01	00288	BAR 403	L. Northrop
Health Coaching	Wed 2:10-4PM	PHED BC 1105.02	00289	BAR 403	L. Northrop
Health Coaching	Thu 12:10-2PM	PHED BC 1105.03	00290	BAR 403	L. Northrop
Health Coaching	Fri 12:10-2PM	PHED BC 1105.04	00291	MLC LL017	L. Northrop
Advanced Running	*requires pre-test	PHED BC 2512.01	00292	--	M. Rodriguez
Advanced Fitness	*requires pre-test	PHED BC 2518.01	00293	--	L. Masone

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