

Time	Course Name	Course Number	Course Code	Location	Instructor
<b>Monday / Wednesday Courses</b>					
9-9:50AM	Beginning Yoga	PHED BC 1693.01	00714	AR 4, DFC	C. Lanzas
10-10:50AM	Beginning Yoga	PHED BC 1693.02	00715	AR 4, DFC	C. Lanzas
11-11:50AM	Tai Chi	PHED BC 1691.01	00718	AR 3, DFC	S. Shulman
11-11:50AM	Core Strength	PHED BC 1532.01	00719	AR 4, DFC	T. Hunt
1:10-2PM	Core Strength	PHED BC 1532.02	00720	AR 3, DFC	C. Lanzas
1:10-2PM	Total Body Fitness	PHED BC 1515.01	00721	BTL, DFC	M. Rodriguez
2:10-3PM	Core Strength	PHED BC 1532.03	00722	AR 3, DFC	C. Lanzas
3:10-4PM	Functional Fitness	PHED BC 1535.01	00723	FF, DFC	M. Rodriguez
<b>Tuesday / Thursday Courses</b>					
8-8:50AM	Body Sculpt	PHED BC 1581.01	00724	AR 3, DFC	L. Masone
9-9:50AM	Beginning Yoga	PHED BC 1693.03	00716	AR4, DFC	C. Lanzas
11-11:50AM	Core Strength	PHED BC 1532.04	00725	AR 3, DFC	C. Lanzas
11-11:50AM	Functional Fitness	PHED BC 1535.02	00727	FF, DFC	M. Rodriguez
1:10-2PM	Beginning Yoga	PHED BC 1693.04	00717	AR 4, DFC	M. Rodriguez
2:10-3PM	Functional Fitness	PHED BC 1535.03	00728	FF, DFC	I. Choquette
3:10-4PM	Yoga Meditation	PHED BC 1696.01	00729	AR 4, DFC	L. Northrop
4:10-5PM	Group Fit Sampler	PHED BC 1500.01	00730	AR 3, DFC	L. Northrop
<b>Other Courses</b>					
Total Body Conditioning Mon 3:10-4PM *plus 1 hour		PHED BC 1510.01	00731	AR 3, DFC	L. Masone
Pilates Practice Wed 3:10-4PM *plus 1 hour		PHED BC 1900.01	00732	AR 3, DFC	L. Northrop
Health Coaching	Tue 12:10-2PM	PHED BC 1105.01	00073	BAR 403	L. Northrop
Health Coaching	Wed 12:10-2PM	PHED BC 1105.02	00074	BAR 403	L. Northrop
Health Coaching	Thurs 12:10-2PM	PHED BC 1105.03	00075	BAR 403	L. Northrop
Advanced Running *requires pre-test		PHED BC 2512.01	00733	--	M. Rodriguez

*Please visit [pe.barnard.edu](http://pe.barnard.edu) for course descriptions and information.*