

BARNARD COLLEGE**PHYSICAL EDUCATION COURSES****SPRING 2024**

Time	Course Name	Course Number	Course Code	Location	Instructor
Monday / Wednesday Courses					
9-9:50AM	Beginning Yoga	PHED BC 1693.01	00800	AR 4, DFC	C. Lanzas
10-10:50AM	Beginning Yoga	PHED BC 1693.02	00801	AR 4, DFC	C. Lanzas
11-11:50AM	Tai Chi	PHED BC 1691.01	00799	AR 3, DFC	S. Shulman
11-11:50AM	Pilates Mat	PHED BC 1532.01	00787	AR 4, DFC	T. Hunt
1:10-2PM	Pilates Mat	PHED BC 1532.02	00788	AR 3, DFC	C. Lanzas
1:10-2PM	Beginning Yoga	PHED BC 1693.03	00802	AR 4, DFC	M. Rodriguez
2:10-3PM	Body Sculpt	PHED BC 1581.01	00796	AR 3, DFC	L. Masone
3:10-4PM	Functional Fitness	PHED BC 1535.01	00792	FF, DFC	M. Rodriguez
4:10-5PM	Functional Fitness	PHED BC 1535.02	00793	FF, DFC	M. Rodriguez
Tuesday / Thursday Courses					
8-8:50AM	Body Sculpt	PHED BC 1581.02	00797	AR 3, DFC	L. Masone
9-9:50AM	Beginning Yoga	PHED BC 1693.04	00803	AR4, DFC	C. Lanzas
10-10:50AM	Pilates Mat	PHED BC 1532.03	00789	AR4, DFC	S. Trevino
11-11:50AM	Pilates Mat	PHED BC 1532.04	00790	AR 3, DFC	C. Lanzas
1:10-2PM	Pilates Mat	PHED BC 1532.05	00791	AR 3, DFC	C. Lanzas
1:10-2PM	Total Body Fitness	PHED BC 1515.01	00786	BTL, DFC	M. Rodriguez
2:10-3PM	Body Sculpt	PHED BC 1581.03	00798	AR 3, DFC	M. Rodriguez
3:10-4PM	Functional Fitness	PHED BC 1535.03	00794	FF, DFC	I. Choquette
3:10-4PM	Yoga Meditation	PHED BC 1696.01	00804	AR 4, DFC	L. Northrop
4:10-5PM	Functional Fitness	PHED BC 1535.04	00795	FF, DFC	E. Laessig
4:10-5PM	Yoga Meditation	PHED BC 1696.02	00805	AR 4, DFC	L. Northrop
Other Courses					
Total Body Conditioning Tue 4:10-5PM *plus 1 hour		PHED BC 1510.01	00785	AR 3, DFC	L. Masone
Health Coaching Wed 10:10AM-12PM		PHED BC 1105.02	00220		L. Northrop
Health Coaching Wed 2:10-4PM		PHED BC 1105.03	00221		L. Northrop
Pilates Practice Fri 10-10:50AM *plus 1 hour		PHED BC 1900.01	00807	AR 3, DFC	L. Northrop
Pilates Practice Fri 11-11:50AM *plus 1 hour		PHED BC 1900.02	00808	AR 4, DFC	L. Northrop

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