

Time	Course Name	Course Number	Course Code	Location	Instructor
Monday / Wednesday Courses					
8-8:50AM	Body Sculpt	PHED BC 1581.01	00655	BAR LL012	E. Laessig
9-9:50AM	Body Sculpt	PHED BC 1581.02	00656	BAR LL012	E. Laessig
10-10:50AM	Beginning Yoga	PHED BC 1693.01	00665	BAR LL012	S. Trevino
10-10:50AM	Strength Training	PHED BC 1589.01	00660	BFC	M. Rodriguez
11-11:50AM	Yoga Meditation	PHED BC 1696.01	00668	BAR LL012	L. Northrop
12-12:50PM	Pilates Mat	PHED BC 1532.01	00651	BAR LL012	S. Trevino
1:10-2PM	Tai Chi	PHED BC 1691.01	00663	BAR LL012	S. Shulman
2:10-3PM	Tai Chi	PHED BC 1691.02	00664	BAR LL012	S. Shulman
4:10-5PM	Group Fitness Sampler	PHED BC 1500.01	00879	BAR LL012	L. Northrop
Tuesday / Thursday Courses					
9-9:50AM	Body Sculpt	PHED BC 1581.03	00657	BAR LL012	E. Laessig
10-10:50AM	Beginning Yoga	PHED BC 1693.02	00666	BAR LL012	S. Trevino
10-10:50AM	Strength Training	PHED BC 1589.02	00661	BFC	E. Laessig
11-11:50AM	Beginning Yoga	PHED BC 1693.03	00667	BAR LL012	S. Trevino
12-12:50PM	Body Sculpt	PHED BC 1581.04	00658	BAR LL012	I. Choquette
1:10-2PM	Pilates Mat	PHED BC 1532.02	00652	BAR LL012	T. Hunt
2:10-3PM	Pilates Mat	PHED BC 1532.03	00653	BAR LL012	T. Hunt
2:10-3PM	Strength Training	PHED BC 1589.03	00662	BFC	I. Choquette
3:10-4PM	Body Sculpt	PHED BC 1581.05	00659	BAR LL012	I. Choquette
4:10-5PM	Pilates Mat	PHED BC 1532.04	00654	BAR LL012	T. Hunt
Other Courses					
Yoga Practice Mon 3:10-4PM *plus 1 hour		PHED BC 1800.01	00669	BAR LL012	L. Northrop
Yoga Practice Wed 3:10-4PM *plus 1 hour		PHED BC 1800.02	00670	BAR LL012	L. Northrop
Health Coaching Tue 10:10AM-12PM		PHED BC 1105.01	00649	BAR 406	L. Northrop
Health Coaching Tue 2:10-4PM		PHED BC 1105.02	00650	MLC 913	L. Northrop

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