

PHYSICAL EDUCATION FALL SCHEDULE 2017

Fall Term September 11th to December 10th

No Classes the week of November 20th

****Registration for Yale Community – Available online Sept. 5, Tues, 9am ****

Our website <http://sportsandrecreation.yale.edu>

Shop classes the first week (spinning not included)

In Person Registration for Community Sept. 5, 6, 7 from 2:00-5:00pm PWG, 5th Fl, Rm 509

YOGA

#	Days	Time	Class	Location	Instructor	Fee
						Members/Non-Members
1	YOGA PASS	All times	All Yoga Classes	All Locations	All Instructors	\$125/150
2	Mon/Wed	4:30-5:30pm	Hatha Yoga	5 th fl EF	Amy Valente	\$95/155
3	Mon/Wed	5:30-6:30pm	Intro. Kundalini Yoga	5 th fl EF	Hari Gopal	\$95/155
4	Monday	5:30-6:30pm	Yoga Flow & Stretch	6 th fl	Danielle Casioppo	\$65/115
5	Monday	6:30-7:30pm	Healing & Stress Release	5 th fl EF	Hari Gopal	\$65/115
6	Tue/Thur	4:30-5:30pm	Sculpt Yoga	5 th fl Main Ex	Emma Shansky	\$95/155
7	Tuesday	6:00-7:00pm	Hatha Yoga	5 th fl EF	Emma Shansky	\$65/115
8	Tue/Thurs	6:45-8:00am	AM Yoga	5 th fl EF	Lyn Baumgartner	\$95/155
9	Thursday	5:00-6:00pm	Intro. to Yoga	5 th fl EF	Lyn Baumgartner	\$65/115
10	Thursday	6:00-7:00pm	Bowspring Yoga	5 th fl EF	Emma Shansky	\$65/115
11	Sunday	10:30-12:00pm	Vinyasa Yoga	5 th fl EF	Lyn Baumgartner	\$75/125

PILATES

12	Mon/Wed	7:30-8:30pm	Pilates Mat	5 th fl Main Ex	Matisse Madden	\$95/155
13	Tues/Thurs	7:30-8:30pm	Pilates Mat <u>on the ball</u>	5 th fl Main Ex	Dianne Terrace	\$95/155

CARDIO

14	Mon/Wed	4:30-5:30pm	Boot Camp	5 th fl Main Ex	Kathy Riegelmann	\$95/155
15	Mon/Wed	5:30-6:30pm	Circuit Fusion	5 th fl Main Ex	Sophie Ndikum	\$95/155
16	Mon/Wed	6:30-7:30pm	Sculpt & Tone	5 th fl Main Ex	Sarah Flashman	\$95/155
17	Tues/Thurs	5:30-6:30pm	Sweat City Circuit Training	5 th fl Main Ex	Kodie Daigle	\$95/155
18	Tues/Thurs	6:30-7:30pm	Zumba	5 th fl Main Ex	Rivera/Schneider	\$95/155
19	Tues/Thurs	7:00-8:00pm	Cardio Kick	6 th fl	Mariangela Amenduni	\$95/155

DANCE

20	Mon/Wed	6:00-7:30pm	Ballet, inter/advanced	5 th fl D	Matisse Madden	\$110/160
21	Mon/Wed	6:30-7:30pm	Modern dance,beg/inter	6 th Mon E/F Wed	Amy Valente	\$100/150
22	Tues/Thurs	12:00-1:00pm	Pregnancy Fitness	5 th fl Main Ex	Sarah Flashman	\$95/155
23	Tues/Thurs	10:30-11:30am	Postpartum Fitness	5 th fl Main Ex	Sarah Flashman	\$95/155
24	Tuesday	8:00-9:00pm	Latin Dance (Salsa)	6 th fl	Alisa Bowens	\$75/125

Refund Policy: Requests for refunds will be pro-rated and must be made in person at PWG, Room 509. Hours are Monday – Friday 2 pm - 4:45 pm. Deadline for refunds is Sept. 22. NO refunds will be issued thereafter except for medical reasons (documentation will be required). Rev.

DANCE

#	Days	Time	Class	Location	Instructor	Fee	
						Members	Non-Members
25	Tues	7:15-8:15pm	Ballet, beginner	5 th fl D	Ann Cowlin	\$65	115
26	Tues/Thur	6:00-7:15pm	Ballet,adv beginner	5 th fl D	Ann Cowlin	\$100	160
27	Tuesday	7:00-8:30pm	Argentine Tango, inter/adv	5 th EF	Judith Phelps	\$75	125
28	Tuesday	8:30-10:00pm	Argentine Tango, beg	5 th fl Main Ex	Judith Phelps	\$75	125

MARTIAL ARTS

30	Monday	8:00-9:00pm	Self Defense	5 th fl J	Craig Elkin	\$30/60	6 weeks
31	Mon/Wed	8:00-9:00pm	Tae Kwon Do, beg	6 th fl	John Wong	\$95	155
32	Mon/Wed	9:00-10:00pm	Tae Kwon Do, adv	6 th fl	John Wong	\$95	155
33	Mon/Wed	7:00-8:00pm	Shotokan Karate	5 th Rm K	Craig Elkin	\$95	155

SPORT SKILLS

34	Tues/Thurs	2:30-3:15pm	Fencing skills, beg	7 th fl	Henry Harutunian	\$65	115
35	Monday	7:00-7:45pm	Adult Swim, inter/adv	3 rd fl pool	Katie Murray	\$80	120
36	Wednesday	7:00-7:45pm	Adult Swim, inter/adv	3 rd fl pool	Katie Murray	\$80	120
37	Monday	6:15-7:00pm	Adult Swim, beg.	3 rd fl pool	Katie Murray	\$80	120
38	Wednesday	6:15-7:00pm	Adult Swim, beg.	3 rd fl pool	Katie Murray	\$80	120
39	Saturday	2:00-2:45pm	All Levels	3 rd fl pool	Katie Murray	\$80	120

CARDIO (SPINNING)

40	Mon/Wed	7:15 - 8:15 am	SPINNING	Basement/PWG	Rebecca Boswell	\$120	150
41	Mon/Wed	8:30 - 9:30am	SPINNING	Basement/PWG	Rebecca Boswell	\$120	150
42	Mon/Wed	6:30 - 7:30 pm	SPINNING	Basement/PWG	Andy Lipsner	\$120	150
43	Tues/Thurs	6:15 - 7:15 am	SPINNING	Basement/PWG	Andy Lipsner	\$120	150
44	Tues/Thurs	7:15 - 8:15 am	SPINNING	Basement/PWG	Alexis Hopkins	\$120	150
45	Tues/Thurs	8:30 - 9:30 am	SPINNING	Basement/PWG	Alexis Hopkins	\$120	150
46	Tues/Thurs	6:00 - 7:00 pm	SPINNING	Basement/PWG	Caitlin Chiquelin	\$120	150
47	Saturday	10:15 - 11:15 am	SPINNING	Basement/PWG	Andy Lipsner	\$60	100
48	Sunday	3:00 - 4:00 pm	SPINNING	Basement/PWG	Andy Lipsner	\$60	100

CHILDREN'S SWIMMING

Minimum age is 4 years of age. Parents can only choose one level at a time when registering a child.

REGISTRATION: In Person - September 5 & 6 2:00-5:00 pm 5th Floor PWG, Room 509
Swim Lessons Sept. 16,23,30 Oct. 7,14,28 Nov. 11 - (7 week program)

#	DAYS	TIME	CLASS	LOCATION	INSTRUCTOR	FEE
C1	Saturday	10:30-11:10am	Swim - All Levels	3 rd fl Pool	Staff	\$80
C2	Saturday	11:20-12:00pm	Swim - All Levels	3 rd fl Pool	Staff	\$80
C3	Saturday	12:10-12:50pm	Swim - 1-3 Levels	3 rd fl Pool	Staff	\$80

Refund Policy: Requests for refunds will be pro-rated and must be made in person at PWG, Room 509. Hours are Monday – Friday 2 pm - 4:45 pm. Deadline for refunds is Sept. 22. NO refunds will be issued thereafter except for medical reasons (documentation will be required).