

# YALE UNIVERSITY PHYSICAL EDUCATION 2017 SUMMER COURSES

Summer Term Monday June 5<sup>th</sup> – Friday July 28<sup>th</sup> 2017 (8 weeks)

*No Classes July 4<sup>th</sup>, Tuesday*

<u>DAYS</u>	<u>TIMES</u>	<u>CLASS</u>	<u>LOCATION</u>	<u>INSTRUCTOR</u>	<u>COST</u>
Mon/Wed	6:10 – 7:00 am	BOOT CAMP	5 <sup>th</sup> floor Main Ex	Kathy Riegelmann	\$96/120*
Mon/Wed	6:00 - 7:00 pm	SHOTOKAN KARATE	6 <sup>th</sup> floor	Craig Elkin	\$96/120*
Mon/Wed	7:00 - 8:00 pm	CARDIO KICKBOXING	5 <sup>th</sup> floor Main Ex	Mariangela Amenduni	\$96/120*
Monday	5:30 - 7:00 pm	KUNDALINI YOGA	5 <sup>th</sup> floor Main Ex	Hari Gopal	\$60/90*
Tues/Thurs	6:30 - 7:30 am	HATHA YOGA	5 <sup>th</sup> floor Main Ex	Amy Kennedy-Valente	\$96/120*
Tues/Thurs	6: 00 - 7:15 pm	BALLET, Adv-beg	5 <sup>th</sup> floor Room D	Ann Cowlin	\$100/125*
Tuesday	7:15 – 8:15pm	BALLET, Beginner	5 <sup>th</sup> floor Room D	Ann Cowlin	\$50/70*
Tuesday	5:00 - 6:00 pm	HATHA YOGA	6 <sup>th</sup> floor	Emma Shansky	\$50/70*
Tues/Thurs	10:30 - 11:30 am	POSTPARTUM Mom-Baby Fitness	5 <sup>th</sup> floor Main Ex	Sarah Flashman	\$96/120*
Tues/Thurs	12:00 - 1:00 pm	PREGNANCY Fitness	5 <sup>th</sup> floor Main Ex	Sarah Flashman	\$96/120*
Tues/Thurs	6:30 - 7:30 pm	PILATES MAT	5 <sup>th</sup> floor Main Ex	Dianne Terrace	\$96/120*
Tues/Thurs	5:15 - 6:15 pm	SCULPT & TONE	5 <sup>th</sup> floor Main Ex	Rosalind. D'Eugenio	\$96/120*
<b>YOGA PASS</b>	<b>All Times</b>	<b>Yoga Pass</b>	<b>All Locations</b>	<b>All Instructors</b>	<b>\$125</b>

## SPINNING

Mon/Wed	7:30 - 8:30 am	SPINNING	Basement/PWG	Andy Lipsner	\$100
Mon/Wed	6:30 - 7:30 pm	SPINNING	Basement/PWG	Andy Lipsner	\$100
Tues/Thur	7:15 - 8:15 am	SPINNING	Basement/PWG	Rebecca Boswell	\$100
Tues	6:00 - 7:00 pm	SPINNING	Basement/PWG	Caitlin Chiquelin	\$50
<b>SPIN PASS</b>	<b>All times</b>	<b>Spinning</b>	<b>Basement/PWG</b>	<b>All Instructors</b>	<b>\$125</b>

\*Non-member

**Registration Information:**

Online registration will be available **Tuesday, May 30, at 9am**

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