

PHYSICAL EDUCATION FALL SCHEDULE 2020
Fall Term September 21st to November 20th (9 weeks)

****Registration – Available online September 17, Thur, 9:00 am ****
Registration & Class Descriptions ://sportsandrecreation.yale.edu
Zoom Links to Virtual classes will be sent by email after you register

VIRTUAL CLASSES (Open to the Yale Community)

YOGA & PILATES

<u>Days</u>	<u>Time</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>	<u>Fee</u>
Mon/Wed	5:30-6:30pm	Kundalini Yoga	Virtual	Hari Gopal	\$90
Tue/Thurs	6:30-7:45am	AM Yoga	Virtual	Lyn Baumgartner	\$90
Tue/Thurs	4:30-5:30pm	Hatha Yoga	Virtual	Amy Valente	\$90
Tue/Thurs	7:00-8:00am	Pilates Mat	Virtual	Matisse Madden	\$90

CARDIO

Monday	7:00-8:00am	Core-Body Strength	Virtual	Ali Bailey	\$45
Wednesday	5:30-6:30pm	Zumba	Virtual	Ali Bailey	\$45
Thursday	5:30-6:20pm	Zumba	Virtual	Shana Schneider	\$45

DANCE & FITNESS

Mon/Wed	5:30-6:30pm	Barre Swan Fitness	Virtual	Matisse Madden	\$90
Mon/Wed	6:45-8:00pm	Ballet, inter/advanced	Virtual	Matisse Madden	\$100
Mon/Wed	5:30-6:30pm	Pregnancy Fitness	Virtual	Ann Cowlin	\$90
Tues/Thurs	10:30-11:30am	Postpartum Fitness	Virtual	Sarah Flashman	\$90
Tue/Thurs	6:15-7:30pm	Ballet, adv/beginner	Virtual	Ann Cowlin	\$100
Tuesday	7:45-8:45pm	Ballet, beginner	Virtual	Ann Cowlin	\$45

MARTIAL ARTS

Mon/Wed	6:00-7:00pm	Shotokan Karate, beg	Virtual	Craig Elkin	\$90
Mon/Wed	7:15-8:15pm	Shotokan Karate, inter	Virtual	Craig Elkin	\$90

Payne Whitney Gym (Classes are open to undergraduates & grad students only)

SPINNING

<u>Days</u>	<u>Time</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>	<u>Fee</u>
Mon/Wed	6:30-7:30pm	Spin	Room H	Olivia Shoemaker	\$90
Tue/Thur	6:30-7:30pm	Spin	Room H	Tayah Turocy	\$90

YOGA

Mon/Wed	4:30-5:30pm	Hatha Yoga	6 th Floor	Amy Valente	\$90
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***Please bring your own yoga matt.**

CARDIO

Tues/Thurs	5:30-6:30pm	Cardio Kickboxing	6 th Floor	Chris Adamchek	\$90
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CANCELLED – FREE “Fitness Boxing Class” (no registration necessary)

Starts – September 15 to November 19 (weather permitting)

Time: 5:00-5:50pm Day: Tuesdays Instructor: Vicky Chun, Director of Athletics
Location: Stiles Lawn (across the street from Payne Whitney Gym)

Bring your own: 2 pound weights (some weights will be provided) water, hand wraps (optional)