**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

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**VIRTUAL CLASSES (Open to the Yale Community)**

### YOGA & PILATES

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

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

### SPINNING

<table>
<thead>
<tr>
<th>Days</th>
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<th>Location</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon/Wed</td>
<td>6:30-7:30pm</td>
<td>Spin</td>
<td>Room H</td>
<td>Olivia Shoemaker</td>
<td>$90</td>
</tr>
<tr>
<td>Tue/Thur</td>
<td>6:30-7:30pm</td>
<td>Spin</td>
<td>Room H</td>
<td>Tayah Turocy</td>
<td>$90</td>
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### YOGA

- **Mon/Wed**: 4:30-5:30pm Hatha Yoga 6th Floor Amy Valente $90

*Please bring your own yoga matt.

### CARDIO

- **Tues/Thurs**: 5:30-6:30pm Cardio Kickboxing 6th Floor Chris Adamchek $90

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**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)