

## GROUP FITNESS & WELLNESS - FALL 2021

FALL TERM – September 27<sup>th</sup> to December 11<sup>th</sup> (10 weeks)  
No classes the week of November 22<sup>nd</sup>

Classes are limited to enrolled Students and Faculty/Staff who are approved to be on campus. Faculty/Staff must be members of PWG to participate in classes.

**Registration Available online September 22, Wed, 9:00 am**



### MIND & BODY

#	<u>Days</u>	<u>Time</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>	<u>Fee</u> Members Only
1	<b>YOGA PASS</b>	<b>All Times</b>	<b>All Yoga Classes</b>	<b>All Locations</b>	<b>All Instructors</b>	<b>\$130</b>
2	Mon/Wed	4:30-5:30pm	Hatha Flow	5 <sup>th</sup> fl EF	Lyn Baumgartner	\$99
3	Mon/Wed	5:30-6:30pm	Intro. Kundalini Yoga	5 <sup>th</sup> fl EF	Hari Gopal	\$99
4	Tue/Thurs	6:45-8:00am	AM Yoga	5 <sup>th</sup> fl EF	Lyn Baumgartner	\$99
5	Tue/Thur	4:15-5:15pm	Sculpt Yoga	8 <sup>th</sup> floor	Amy Valente	\$99
6	Tue/Thur	5:30-6:30pm	Hatha Yoga	5 <sup>th</sup> fl EF	Amy Valente	\$99

### PILATES

7	Mon/Wed	7:30-8:30pm	Pilates Mat	8 <sup>th</sup> floor	Matisse Madden	<b>\$89 (9 wks)</b>
8	Tues/Thurs	7:30-8:30pm	Pilates Mat <u>on the ball</u>	8 <sup>th</sup> floor	Dianne Terrace	\$99

### DANCE & CARDIO

9	Mon/Wed	4:30-5:30pm	Sculpt & Burn	8 <sup>th</sup> floor	Rosalind D'Eugenio	\$99
10	Mon/Wed	5:15-6:15pm	Barre Fitness	5 <sup>th</sup> fl D	Matisse Madden	<b>\$89 (9 wks)</b>
11	Mon/Wed	6:15-7:15pm	Ballet, inter/advanced	5 <sup>th</sup> fl D	Matisse Madden	<b>\$89 (9 wks)</b>
12	Tue/Thurs	6:15-7:30pm	Ballet, adv/beginner	5 <sup>th</sup> fl D	Ann Cowlin	\$115
13	Tuesday	7:30-8:30pm	Ballet, beginner	5 <sup>th</sup> fl D	Ann Cowlin	\$65

### MARTIAL ARTS

14	Monday	8:00-9:00pm	Self Defense	5 <sup>th</sup> fl J	Craig Elkin	<b>\$30 6 wks</b>
15	Mon/Wed	7:00-8:00pm	Shotokan Karate	5 <sup>th</sup> Rm H	Craig Elkin	\$99

**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 – 5:15pm. Deadline for refunds is Oct 8th . NO refunds will be issued thereafter except for medical reasons (documentation will be required).**

**CARDIO (SPINNING) 6<sup>th</sup> Floor**

**Fee  
Members Only**

**SPIN**

**Times**

**Instructors**

**\$130.00**

16	Mon/Wed	7:00 - 8:00am	Ali Bailey
17	Mon/Wed	5:30 – 6:30pm	Priyanka Jain
18	Wednesday	7:00-8:00pm	Tayah Turocy
19	Tues/Thurs	7:00 - 8:00am	Tayah Turocy
20	Tues/Thurs	5:30 – 6:30pm	Priyanka Jain
21	Friday	7:00 - 8:00am	Tayah Turocy

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