

PHYSICAL EDUCATION FALL SCHEDULE 2019

Fall Term September 9th to December 8th

No Classes the week of November 25th

****Registration for Yale Community – Available online Sept. 3, Tues, 9:00 am ****
Our website <http://sportsandrecreation.yale.edu>

Shop classes the first week (Sept. 9 to Sept. 15th)

In Person Registration for Community Sept. 3, 4, 5 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 Flow	5 th fl EF	Lyn Baumgartner	\$99/155
3	Mon/Wed	5:30-6:30pm	Intro. Kundalini Yoga	5 th fl EF	Hari Gopal	\$99/155
4	Monday	6:30-7:30pm	Healing & Stress Release	5 th fl EF	Hari Gopal	\$65/115
5	Tue/Thurs	6:45-8:00am	AM Yoga	5 th fl EF	Lyn Baumgartner	\$99/155
6	Tue/Thur	4:30-5:30pm	Sculpt Yoga	5 th fl Main Ex	Amy Valente	\$99/155
7	Tue/Thur	5:30-6:30pm	Hatha Yoga	5 th fl EF	Amy Valente	\$99/155
8	Tuesday	7:00-8:30pm	Hatha Yoga	Divinity/Niebuhr Hall N123	Staff	\$75/125

PILATES

9	Mon/Wed	7:30-8:30pm	Pilates Mat	5 th fl Main Ex	Matisse Madden	\$99/155
10	Tues/Thurs	7:30-8:30pm	Pilates Mat <u>on the ball</u>	5 th fl Main Ex	Dianne Terrace	\$99/155

CARDIO

11	Mon/Wed	6:30-7:30am	Boot Camp	5 th fl Main Ex	Marisa Messer	\$99/155
12	Mon/Wed	4:30-5:30pm	Circuit Training	5 th fl Main Ex	Ali Bailey	\$99/155
13	Monday	5:30-6:30pm	Zumba	6 th Floor	Shana Schneider	\$65/115
14	Mon/Wed	5:30-6:30pm	Body Shred	5 th fl Main Ex	Rosalind D'Eugenio	\$99/155
15	Tues/Thurs	5:30-6:30pm	Cardio Kickboxing	5 th fl Main Ex	Chris Adamchek	\$99/155
16	Thursday	6:30-7:30pm	Zumba	5 th fl Main Ex	Shana Schneider	\$65/115

DANCE

17	Mon/Wed	5:30-6:30pm	Barre Fitness	5 th fl D	Matisse Madden	\$99/155
18	Mon/Wed	6:30-7:30pm	Ballet, inter/advanced	5 th fl D	Matisse Madden	\$99/155
19	Monday	7:30-8:30pm	Barre Fitness	5 th fl D	Sarah Flashman	\$45/90 (8wks)
20	Tues/Thurs	10:00-11:00am	Postpartum Fitness	5 th fl Main Ex	Sarah Flashman	\$99/155
21	Tues/Thurs	11:30-12:30pm	Pregnancy Fitness	5 th fl Main Ex	Sarah Flashman	\$99/155

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 Sept. 20th. NO refunds will be issued thereafter except for medical reasons (documentation will be required).

DANCE

#	Days	Time	Class	Location	Instructor	Fee Members/Non-Members
22	Tuesday	8:00-9:30pm	Salsa all levels	6 th fl	Alisa Bowens	\$100/135
23	Tue/Thurs	6:15-7:30pm	Ballet, adv/beginner	5 th fl D	Ann Cowlin	\$115/165
24	Tuesday	7:30-8:30pm	Ballet, beginner	5 th fl D	Ann Cowlin	\$65/115
25	Thursday	7:30-8:30pm	Intro to Pointe	5 th fl D	Ann Cowlin	\$65/115
26	Tuesday	7:00-8:30pm	Argentine Tango, inter/adv	5 th EF	Judith Phelps	\$75/125
27	Tuesday	8:30-10:00pm	Argentine Tango, beg	5 th EF	Judith Phelps	\$75/125

MARTIAL ARTS

28	Monday	8:00-9:00pm	Self Defense	5 th fl J	Craig Elkin	\$30/60 6 weeks
29	Mon/Wed	8:00-9:00pm	Tae Kwon Do, beg	6 th fl	Harold Bridgeforth	\$99/155
30	Mon/Wed	9:00-10:00pm	Tae Kwon Do, adv	6 th fl	Harold Bridgeforth	\$99/155
31	Mon/Wed	7:00-8:30pm	Shotokan Karate	5 th Rm K	Craig Elkin	\$115/165

SPORT SKILLS

32	Sunday	10:00-10:45am	Adult Swim, beg	Basement Pool	Katie Murray	\$80/120
33	Sunday	11:00-11:45am	Adult Swim, inter/adv	Basement Pool	Katie Murray	\$80/120

CARDIO (SPINNING)

<u>SPIN PASS</u>		<u>All times</u>	<u>SPINNING</u>	<u>Basement/PWG</u>	<u>All Instructors</u>	<u>Members/Non-Members</u> \$130/150
34	Mon/Wed	7:00 - 8:00am	SPINNING	Basement/PWG	Alexis Hopkins	
35	Mon/Wed	5:30 - 6:30pm	SPINNING	Basement/PWG	Alexis Hopkins	
36	Mon/Wed	6:30 - 7:30pm	SPINNING	Basement/PWG	Andy Lipsner	
37	Tues/Thurs	7:00 - 8:00am	SPINNING	Basement/PWG	Tayah Turocy	
38	Tues/Thurs	4:30 - 5:30pm	SPINNING	Basement/PWG	Kathy Riegelmann	
39	Tues/Thurs	5:30 - 6:30pm	SPINNING	Basement/PWG	Ali Bailey	
40	Friday	7:00 - 8:00am	SPINNING	Basement/PWG	Tayah Turocy	
41	Saturday	10:15 - 11:15am	SPINNING	Basement/PWG	Andy Lipsner	
42	Sunday	3:00 - 4:00pm	SPINNING	Basement/PWG	Andy Lipsner	

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