

PHYSICAL EDUCATION FALL SCHEDULE 2018

Fall Term September 10th to December 9th

No Classes the week of November 19th

****Registration for Yale Community – Available online Sept. 4, Tues, 9am ****
Our website <http://sportsandrecreation.yale.edu>

Shop classes the first week (spinning not included)

In Person Registration for Community Sept. 4, 5, 6 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 Yoga	5 th fl EF	Amy Valente	\$95/155
3	Mon/Wed	5:30-6:30pm	Intro. Kundalini Yoga	5 th fl EF	Hari Gopal	\$95/155
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	\$95/155
6	Tue/Thur	4:30-5:30pm	Sculpt Yoga	5 th fl Main Ex	Emma Shansky	\$95/155
7	Tue/Thur	6:00-7:00pm	Hatha Yoga	5 th fl EF	Emma Shansky	\$95/155
8	Thursday	5:00-6:00pm	Intro. to Yoga	5 th fl EF	Lyn Baumgartner	\$65/115

PILATES

10	Mon/Wed	7:30-8:30pm	Pilates Mat	5 th fl Main Ex	Matisse Madden	\$95/155
11	Tues/Thurs	7:30-8:30pm	Pilates Mat <u>on the ball</u>	5 th fl Main Ex	Dianne Terrace	\$95/155

CARDIO

12	Mon/Wed	4:30-5:30pm	Boot Camp	5 th fl Main Ex	Kathy Riegelmann	\$95/155	
13	Monday	New	5:30-6:30pm	Zumba	5 th fl Main Ex	Shana Schneider	\$65/115
14	Wednesday		5:30-6:30pm	Body Shred	5 th fl Main Ex	Rosalind D'Eugenio	\$65/115
15	Tues/Thurs	New	5:30-6:30pm	Insanity	5 th fl Main Ex	Nia Campinha-Bacote	\$95/155
16	Thursday		6:30-7:30pm	Zumba	5 th fl Main Ex	Shana Schneider	\$65/115
17	Tues/Thurs		7:00-8:00pm	Cardio Kick	6 th fl	Mariangela Amenduni	\$95/155

DANCE

18	Mon/Wed	6:00-7:30pm	Ballet, inter/advanced	5 th fl D	Matisse Madden	\$110/160
19	Mon/Wed	6:30-8:00pm	Modern dance,beg/inter	6 th Mon E/F Wed	Amy Valente	\$115/165
20	Mon/Wed	7:30-8:30pm	Barre Fitness	5 th fl D	Sarah Flashman	\$95/155
21	Tues/Thurs	12:00-1:00pm	Pregnancy Fitness	5 th fl Main Ex	Sarah Flashman	\$95/155
22	Tues/Thurs	10:30-11:30am	Postpartum Fitness	5 th fl Main Ex	Sarah Flashman	\$95/155
23	Tuesday	8:00-9:00pm	Salsa beginner	6 th fl	Alisa Bowens	\$75/125
24	Tuesday	9:00-10:00pm	Salsa inter/adv	6 th fl	Alisa Bowens	\$75/125

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 - 4:45 pm. Deadline for refunds is Sept. 21 . NO refunds will be issued thereafter except for medical reasons (documentation will be required).

DANCE

#	Days	Time	Class	Location	Instructor	Fee Members/Non-Members
25	Tues	6:15-7:30pm	Ballet, beginner	5 th fl D	Ann Cowlin	\$65/115
26	Tues New	7:30-8:30pm	Ballet,Pointe	5 th fl D	Ann Cowlin	\$65/115
27	Tuesday	7:00-8:30pm	Argentine Tango, inter/adv	5 th EF	Judith Phelps	\$75/125
28	Tuesday	8:30-10:00pm	Argentine Tango, beg	5 th EF	Judith Phelps	\$75/125

MARTIAL ARTS

29	Monday	8:00-9:00pm	Self Defense	5 th fl J	Craig Elkin	\$30/60 6 weeks
30	Mon/Wed	8:00-9:00pm	Tae Kwon Do, beg	6 th fl	John Wong	\$95/155
31	Mon/Wed	9:00-10:00pm	Tae Kwon Do, adv	6 th fl	John Wong	\$95/155
32	Mon/Wed	7:00-8:30pm	Shotokan Karate	5 th Rm H	Craig Elkin	\$115/165

SPORT SKILLS

33	Tues/Thurs	2:30-3:15pm	Fencing skills, beg	7 th fl	Henry Harutunian	\$65/115
34	Monday	7:00-7:45pm	Adult Swim, inter/adv	3 rd fl pool	Katie Murray	\$80/120
35	Wednesday	7:00-7:45pm	Adult Swim, inter/adv	3 rd fl pool	Katie Murray	\$80/120
36	Monday	6:15-7:00pm	Adult Swim, beg.	3 rd fl pool	Katie Murray	\$80/120
37	Wednesday	6:15-7:00pm	Adult Swim, beg.	3 rd fl pool	Katie Murray	\$80/120
38	Saturday	2:00-2:45pm	Adult Swim, all levels	3 rd fl 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
39	Mon/Wed	6:15 - 7:15am	SPINNING	Basement/PWG	Alexis Hopkins	
40	Mon/Wed	7:15 - 8:15am	SPINNING	Basement/PWG	Alexis Hopkins	
41	Mon/Wed	5:30 – 6:30pm	SPINNING	Basement/PWG	Andy Lipsner	
42	Mon/Wed	6:30 - 7:30pm	SPINNING	Basement/PWG	Andy Lipsner	
43	Tues/Thurs	6:15 - 7:15am	SPINNING	Basement/PWG	Tayah Turocy	
44	Tues/Thurs	6:00 -7:00pm	SPINNING	Basement/PWG	Caroline Rufo	
45	Friday	7:15 - 8:15am	SPINNING	Basement/PWG	Tayah Turocy	
46	Saturday	10:15 - 11:15am	SPINNING	Basement/PWG	Andy Lipsner	
47	Sunday	3:00 - 4:00pm	SPINNING	Basement/PWG	Andy Lipsner	

CHILDREN'S SWIMMING

Minimum age is 4 years of age. Parents can only choose one level at a time when registering a child.

REGISTRATION: In Person -Sept. 4 & 5 2:00-5:00 pm 5th Floor PWG, Room 509
Swim Lessons-Sept. 15, 22,29,Oct 6,13,27 Nov.3 (7 week program)

#	DAYS	TIME	CLASS	LOCATION	INSTRUCTOR	FEE
C1	Saturday	10:30-11:10am	Swim - All Levels	3 rd fl Pool	Staff	\$80
C2	Saturday	11:20-12:00pm	Swim - All Levels	3 rd fl Pool	Staff	\$80
C3	Saturday	12:10-12:50pm	Swim - 1-3 Levels	3 rd fl Pool	Staff	\$80

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 - 4:45 pm. Deadline for refunds is Jan 26. NO refunds will be issued thereafter except for medical reasons (documentation will be required).