

**PHYSICAL EDUCATION SPRING SCHEDULE 2021**  
**Spring Term February 15 to May 1 (11 weeks)**

**\*\*Registration – Available online February 10<sup>TH</sup> Wed, 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)**

<b><u>Days</u></b>	<b><u>Time</u></b>	<b><u>Class</u></b>	<b><u>Location</u></b>	<b><u>Instructor</u></b>	<b><u>Fee</u></b>
Mon/Wed	5:30-6:30pm	Hatha Yoga	Virtual	Amy Valente	\$110
Tue/Thurs	7:00-8:00am	Pilates Mat	Virtual	Matisse Madden	\$110
Monday	7:00-8:00am	Core-Body Strength	Virtual	Ali Bailey	\$55
Thursday	5:30-6:20pm	Zumba	Virtual	Shana Schneider	\$55
Mon/Wed	6:30-7:45pm	Ballet, inter/advanced	Virtual	Matisse Madden	\$115
Tue/Thurs	6:15-7:30pm	Ballet, adv. beginner	Virtual	Ann Cowlin	\$115
Mon/Wed	7:00-8:30pm	Shotokan Karate, All levels	Virtual	Craig Elkin	\$125
Monday	7:15-8:15pm	Barre Fitness	Virtual	Sarah Flashman	\$55

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

<b><u>Days</u></b>	<b><u>Time</u></b>	<b><u>Class</u></b>	<b><u>Location</u></b>	<b><u>Instructor</u></b>	<b><u>Fee</u></b>
Tue/Thur	6:30-7:30pm	Spin	5 <sup>th</sup> Floor Rm H	Tayah Turocy	\$110
Thursday	4:30–5:30pm	Hatha Yoga	6 <sup>th</sup> Floor	Amy Valente	\$55

Registration questions please email [karen.parady@yale.edu](mailto:karen.parady@yale.edu) or call 203-432-1431 after February 1<sup>st</sup>. Rev