

YALE UNIVERSITY PHYSICAL EDUCATION 2019 SUMMER COURSES

Summer Term Monday June 3rd – Friday August 2, 2019 (9 weeks)

Online registration will be available Tuesday, May 28, at 9am <http://sportsandrecreation.yale.edu>

Shop classes the first week June 3 to June 9th

No Classes July 4th, Wednesday

<u>DAYS</u>	<u>TIMES</u>	<u>CLASS</u>	<u>LOCATION</u>	<u>INSTRUCTOR</u>	<u>COST</u>
Mon/Wed	6:30 - 7:30 am	Boot Camp	5 th floor Main Ex	Marisa Messer	\$110/130*
Mon/Wed	5:30 - 6:30 pm	Circuit Training	5 th floor Main Ex	Carsin Conner	\$110/130*
Mon/Wed	5:30 - 7:00 pm	SHOTOKAN KARATE	6 th floor	Craig Elkin	\$160/175*
Mon/Wed	7:00 - 7:45 pm	ADULT SWIM, beg	Basement Pool	Katie Murray	\$120/150*
Mon/Wed	7:45 - 8:30 pm	ADULT SWIM, inter/adv	Basement Pool	Katie Murray	\$120/150*
Monday	5:30 - 6:30 pm	KUNDALINI YOGA	5 th floor EF	Hari Gopal	\$65/85*
Tues/Thur	4:30 - 5:30 pm	HATHA YOGA	5 th floor Main Ex	Amy Kennedy-Valente	\$110/130*
Tues/Thurs	10:30 - 11:30 am	POSTPARTUM Mom-Baby Fitness	5 th floor Main Ex	Sarah Flashman (8 wks)	\$100/120*
Tues/Thurs	12:00 - 1:00 pm	PREGNANCY Fitness	5 th floor Main Ex	Sarah Flashman (8 wks)	\$100/120*
Tues/Thurs	6:30 - 7:30 pm	PILATES MAT	5 th floor Main Ex	Dianne Terrace	\$110/130*
Thursday	6:30 – 8:00pm	BALLET (all levels)	5 th floor D	Ann Cowlin	\$75/115*

SPINNING

<u>SPIN PASS</u>	<u>All times</u>	<u>Spinning</u>	<u>SPINNING</u>	<u>All Instructors</u>	<u>\$100</u>
Mon/Wed	7:15 - 8:15 am	SPINNING	Basement/PWG	Tayah Turocy	
Mon/Wed	5:30 - 6:30 pm	SPINNING	Basement/PWG	Andy Lipsner	
Tues/Thur	7:15 - 8:15 am	SPINNING	Basement/PWG	Ali Bailey	
Thursday	7:00 – 8:00 pm	SPINNING	Basement/PWG	Andy Lipsner	

*Non-member

Rev. 5/9/19