

PHYSICAL EDUCATION SPRING SCHEDULE 2018
 Spring Term January 15th to April 22 Classes will meet on Jan 15th
No Classes Spring Break March 12 – 25

****Registration for Yale Community – Available online Jan. 10, Wednesday 9am ****
Our website <http://sportsandrecreation.yale.edu>

Shop classes the first week Jan. 15 – 21ST

In Person Registration for Community January 10 & 11th 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/Thur	4:30-5:30pm	Sculpt Yoga	5 th fl Main Ex	Emma Shansky	\$95/155
6	Tuesday	6:00-7:00pm	Hatha Yoga	5 th fl EF	Emma Shansky	\$65/115
7	Tue/Thurs	6:45-8:00am	AM Yoga	5 th fl EF	Lyn Baumgartner	\$95/155
8	Thursday	5:00-6:00pm	Intro. to Yoga	5 th fl EF	Lyn Baumgartner	\$65/115
9	Thursday	6:00-7:00pm	Bowspring Yoga	5 th fl EF	Emma Shansky	\$65/115
10	Sunday	10:30-12:00pm	Vinyasa Yoga	5 th fl EF	Lyn Baumgartner	\$75/125

PILATES

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

CARDIO

13	Mon/Wed	4:30-5:30pm	Boot Camp	5 th fl Main Ex	Kathy Riegelmann	\$95/155
14	Mon/Wed	5:30-6:30pm	Circuit Fusion	5 th fl Main Ex	Sophie Ndikum	\$95/155
15	Mon/Wed	6:30-7:30pm	Sculpt & Tone	5 th fl Main Ex	Sarah Flashman	\$95/155
16	Tues/Thurs	5:30-6:30pm	Sweat City Circuit Training	5 th fl Main Ex	Kodie Daigle	\$95/155
17	Thursday	6:30-7:30pm	Zumba	5 th fl Main Ex	Shana Schneider	\$65/115
18	Tues/Thurs	7:00-8:00pm	Cardio Kick	6 th fl	Mariangela Amenduni	\$95/155

DANCE

19	Mon/Wed	6:00-7:30pm	Ballet, inter/advanced	5 th fl D	Matisse Madden	\$110/160
20	Mon/Wed	6:30-8:00pm	Modern dance,beg/inter	6 th Mon E/F Wed	Amy Valente	\$115/165
21	Mon/Wed	7:30-8:30pm	Barre Fitness	5 th fl D	Sarah Flashman	\$95/155
22	Tues/Thurs	12:00-1:00pm	Pregnancy Fitness	5 th fl Main Ex	Sarah Flashman	\$95/155
23	Tues/Thurs	10:30-11:30am	Postpartum Fitness	5 th fl Main Ex	Sarah Flashman	\$95/155
24	Tuesday	8:00-9:00pm	Salsa beginner	6 th fl	Alisa Bowens	\$75/125
25	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 Jan 26 . NO refunds will be issued thereafter except for medical reasons (documentation will be required).

DANCE

#	Days	Time	Class	Location	Instructor	Fee Members/Non-Members
26	Tues	7:15-8:15pm	Ballet, beginner	5 th fl D	Ann Cowlin	\$65/115
27	Tues/Thur	6:00-7:15pm	Ballet,adv beginner	5 th fl D	Ann Cowlin	\$100/160
28	Tuesday	7:00-8:30pm	Argentine Tango, inter/adv	5 th EF	Judith Phelps	\$75/125
29	Tuesday	8:30-10:00pm	Argentine Tango, beg	5 th fl Main Ex	Judith Phelps	\$75/125

MARTIAL ARTS

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

SPORT SKILLS

34	Tues/Thurs	2:30-3:15pm	Fencing skills, beg	7 th fl	Henry Harutunian	\$65/115
35	Monday	7:00-7:45pm	Adult Swim, inter/adv	3 rd fl pool	Katie Murray	\$80/120
36	Wednesday	7:00-7:45pm	Adult Swim, inter/adv	3 rd fl pool	Katie Murray	\$80/120
37	Monday	6:15-7:00pm	Adult Swim, beg.	3 rd fl pool	Katie Murray	\$80/120
38	Wednesday	6:15-7:00pm	Adult Swim, beg.	3 rd fl pool	Katie Murray	\$80/120
39	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>\$130/150</u>
40	Mon/Wed	7:15 - 8:15am	SPINNING	Basement/PWG	Rebecca Boswell	
41	Mon/Wed	8:30 - 9:30am	SPINNING	Basement/PWG	Rebecca Boswell	
42	Mon/Wed	5:30 - 6:30pm	SPINNING	Basement/PWG	Andy Lipsner	
43	Mon/Wed	6:30 - 7:30pm	SPINNING	Basement/PWG	Andy Lipsner	
44	Tues/Thurs	6:15 - 7:15am	SPINNING	Basement/PWG	Heidi VanderWel	
45	Tues/Thurs	7:15 - 8:15am	SPINNING	Basement/PWG	Alexis Hopkins	
46	Tues/Thurs	8:30 - 9:30am	SPINNING	Basement/PWG	Alexis Hopkins	
47	Tues/Thurs	5:30 - 6:30pm	SPINNING	Basement/PWG	Caitlin Chiquelin	
48	Friday	6:15 - 7:15am	SPINNING	Basement/PWG	Noa Golan	
49	Friday	7:15 - 8:15am	SPINNING	Basement/PWG	Noa Golan	
50	Saturday	10:15 - 11:15am	SPINNING	Basement/PWG	Andy Lipsner	
51	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 -January 10 & 11 2:00-5:00 pm 5th Floor PWG, Room 509
Swim Lessons-Jan 20,27 Feb. 3,10,17,24 March 3,31 (8 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

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