

PHYSICAL EDUCATION SPRING SCHEDULE 2019

SPRING Term January 14 to April 21, 2019 Classes will meet on Jan 21st
No Classes Spring Break March 11 - 24th

****Registration for Yale Community – Available online January 8, Tues, 9am ****
Our website <http://sportsandrecreation.yale.edu>

Shop classes the first week (January 14 to 20th)

In Person Registration for Community Jan 8, 9,10 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	\$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	Emma Shansky	\$99/155
7	Tue/Thur	6:00-7:00pm	Hatha Yoga	5 th fl EF	Emma Shansky	\$99/155
8	Thursday	5:00-6:00pm	Intro. to Yoga	5 th fl EF	Lyn Baumgartner	\$65/115
9	Tuesday	7:00-8:30pm	Hatha Yoga	Divinity/Niebuhr Hall N123	Staff	\$75/\$125

PILATES

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

CARDIO

12	Mon/Wed	6:30-7:30am	Boot Camp	5 th fl Main Ex	Marisa Messer	\$99/155
13	Mon/Wed	4:30-5:30pm	Circuit Training	5 th fl Main Ex	Carsin Conner	\$99/155
14	Monday	5:30-6:30pm	Zumba	6 th Floor	Shana Schneider	\$65/115
15	Mon/Wed	5:30-6:30pm	Body Shred	5 th fl Main Ex	Rosalind D'Eugenio	\$99/155
16	Tues/Thurs	5:30-6:30pm	Insanity	5 th fl Main Ex	Nia Campinha-Bacote	\$99/155
17	Thursday	6:30-7:30pm	Zumba	5 th fl Main Ex	Shana Schneider	\$65/115

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 fl Mon & E/F Wed	Amy Valente	\$115/165
20	Mon/Wed	7:30-8:30pm	Barre Fitness	5 th fl D	Sarah Flashman	\$99/155
21	Tues/Thurs	12:00-1:00pm	Pregnancy Fitness	5 th fl Main Ex	Sarah Flashman	\$99/155
22	Tues/Thurs	10:30-11:30am	Postpartum Fitness	5 th fl Main Ex	Sarah Flashman	\$99/155
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 – 5:00pm. Deadline for refunds is Jan 25th . NO refunds will be issued thereafter except for medical reasons (documentation will be required).

DANCE

#	Days	Time	Class	Location	Instructor	Fee
25	Tuesday	6:15-7:30pm	Ballet, beginner	5 th fl D	Ann Cowlin	Members/Non-Members \$75/125
26	Tuesday	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
29	Thursday	new 6:15-7:30pm	Ballet, adv/beginner	5 th fl D	Ann Cowlin	\$75/125
30	Thursday	new 7:30-8:30pm	Somatic Training	5 th fl D	Ann Cowlin	\$65/115

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	\$99/155
31	Mon/Wed	9:00-10:00pm	Tae Kwon Do, adv	6 th fl	John Wong	\$99/155
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	\$50/70 (7 wks)
35	Wednesday	7:00-7:45pm	Adult Swim, inter/adv	3 rd fl pool	Katie Murray	\$50/70 (7 wks)
36	Monday	6:15-7:00pm	Adult Swim, beg.	3 rd fl pool	Katie Murray	\$50/70 (7 wks)
37	Wednesday	6:15-7:00pm	Adult Swim, beg.	3 rd fl pool	Katie Murray	\$50/70 (7 wks)
38	Saturday	2:00-2:45pm	Adult Swim, all levels	3 rd fl pool	Katie Murray	\$50/70 (7 wks)

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	7:15 - 8:15am	SPINNING	Basement/PWG	Tayah Turocy	
44	Tues/Thurs	6:00 – 7:00pm	SPINNING	Basement/PWG	Alexis Hopkins	
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 – Jan 8,9,10 2:00-5:00 pm 5th Floor PWG, Room 509
Swim Lessons–Jan 19,26 Feb 2,9,16,23 March 2 (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

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