

# PHYSICAL EDUCATION FALL SCHEDULE 2014

Fall Term September 8<sup>th</sup> to December 7<sup>th</sup>

No Classes the week of November 24<sup>th</sup>

**\*\*Registration for Yale Community – Available online Sept. 2, Tues, 9am \*\***

Our website <http://sportsandrecreation.yale.edu>

**Shop classes the first week (spinning not included)**

**In Person Registration for Community Sept. 3 & 4 from 2:00-5:00pm PWG, 5<sup>th</sup> 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 <sup>th</sup> fl EF	Amy Kennedy-Valente	\$95/155
3	Mon/Wed	5:30-6:30pm	Intro. Kundalini Yoga	5 <sup>th</sup> fl EF	Hari Gopal	\$95/155
4	Tuesday	5:00-6:00pm	Intro.Hatha/Vinasa	5 <sup>th</sup> fl EF	Alex Souto	\$65/115
5	Tuesday	6:00-7:00pm	Vinyasa Flow	5 <sup>th</sup> fl EF	Alex Souto	\$65/115
6	Tues/Thurs	7:00-8:15am	AM Yoga	5 <sup>th</sup> fl EF	Lyn Baumgartner	\$95/155
7	Thursday	5:00-6:00pm	Intro. to Yoga	5 <sup>th</sup> fl EF	Lyn Baumgartner	\$65/115
8	Thursday	6:00-7:00pm	Dynamic Yoga	5 <sup>th</sup> fl EF	Emily Casaretto	\$65/115
9	Sunday	10:30-12:00pm	Vinyasa Yoga	5 <sup>th</sup> fl EF	Lyn Baumgartner	\$75/125

## PILATES

10	Mon/Wed	4:30-5:30pm	Pilates Mat	6 <sup>th</sup> fl	Kathy Riegelmann	\$95/155
11	Mon/Wed	7:00-8:00pm	Pilates Mat	6 <sup>th</sup> fl	Matisse Madden	\$95/155
12	Mon/Wed	12:15-1:15pm	Pilates Mat	5 <sup>th</sup> fl Main Ex	Kathy Riegelmann	\$95/155
13	Tues/Thurs	7:30-8:30pm	Pilates Mat <u>on the ball</u>	5 <sup>th</sup> fl Main Ex	Dianne Terrace	\$95/155

## CARDIO

14	Mon/Wed	5:30-6:30pm	Zumba	5 <sup>th</sup> fl Main Ex	Laura Richling	\$95/155
15	Mon/Wed	5:30-6:30pm	Cardio Kickboxing	6 <sup>th</sup> fl	Reva Pollack	\$95/155
16	Mon/Wed	4:30-5:30pm	30-60-90	5 <sup>th</sup> fl Main Ex	Chris Fleming	\$95/155
17	Tues/Thurs	6:15-7:15am	Boot Camp	5 <sup>th</sup> fl Main Ex	Kathy Riegelmann	\$95/155
18	Tues/Thurs	6:30-7:30pm	Zumba	5 <sup>th</sup> fl Main Ex	Melissa Mandak	\$95/155
19	Tues/Thurs	4:30-5:30pm	Cardio Step	5 <sup>th</sup> fl Main Ex	Kathy Riegelmann	\$95/155
20	Thursday	8:00-9:00pm	Zumba	5 <sup>th</sup> fl EF	Dominique L-Rose	\$65/115
21	Tues/Thur	5:30-6:30pm	Body Sculpting	5 <sup>th</sup> fl Main Ex	Rosalind D'Eugenio	\$95/155

## DANCE

22	Mon/Wed	5:30-6:45pm	Ballet, inter/advanced	5 <sup>th</sup> fl D	Matisse Madden	\$110/160
23	Monday	6:30-7:30pm	Hip Hop, beginner	5 <sup>th</sup> fl Main Ex	Jerome Harris	\$65/115
24	Mon/Wed	6:30-8:00pm	Modern dance, beg/inter	5 <sup>th</sup> fl EF	Amy Kennedy-Valente	\$100/150
25	Tues/Thurs	12:00-1:00pm	Pregnancy Fitness	5 <sup>th</sup> fl Main Ex	Ann Cowlin	\$95/155
26	Tues/Thurs	10:30-11:30am	Postpartum Fitness	5 <sup>th</sup> fl Main Ex	Ann Cowlin	\$95/155
27	Tues/Thurs	5:30-7:00pm	Ballet, inter.	5 <sup>th</sup> fl D	Ann Cowlin	\$100/150

**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. 19. NO refunds will be issued thereafter except for medical reasons (documentation will be required). Rev. 8/20/2014**

## DANCE

#	Days	Time	Class	Location	Instructor	Fee
						Members/Non-Members
28	Tues/Thur	7:00-8:00pm	Salsa	6 <sup>th</sup> fl	Q. Jouannot	\$95/155
29	Tues	7:00-8:00pm	Ballet, beginner I	5 <sup>th</sup> fl D	Ann Cowlin	\$65/115
30	Thursday	7:00-8:00pm	Ballet, beginner II	5 <sup>th</sup> fl D	Ann Cowlin	\$65/115
31	Tuesday	7:00-8:30pm	Argentine Tango, inter/adv	5 <sup>th</sup> EF	Judith Phelps	\$75/125
32	Tuesday	8:30-10:00pm	Argentine Tango, beg	5 <sup>th</sup> fl Main Ex	Judith Phelps	\$75/125

## MARTIAL ARTS

33	Monday	8:00-9:00pm	Self Defense	5 <sup>th</sup> fl J	Craig Elkin	\$30/60 6 weeks
34	Mon/Wed	8:00-9:00pm	Tae Kwon Do, beg	6 <sup>th</sup> fl	R.Hwang	\$95/155
35	Mon/Wed	9:00-10:00pm	Tae Kwon Do, adv	6 <sup>th</sup> fl	R.Hwang	\$95/155
36	Saturday	12:15-1:30pm	Capoeira	6 <sup>th</sup> fl	Efraim Da Silva	\$75/125

## SQUASH EYEGUARDS ARE REQUIRED. NO black sole shoes permitted on squash courts. Ends Oct. 18<sup>th</sup>

37	Mon/Wed	7:00-7:45pm	Squash Fundamentals	4 <sup>th</sup> fl East	James C. Bell	\$60/80 6 weeks
38	Tues/Thurs	7:00-7:45pm	Squash Fundamentals	4 <sup>th</sup> fl East	James C. Bell	\$60/80 6 weeks
39	Saturday	10:00-10:45am	Squash Fundamentals	4 <sup>th</sup> fl East	James Seldner	\$50/70 6 weeks

## SPORT SKILLS

40	Wednesday	8:00-9:00pm	Badminton (all levels)	5 <sup>th</sup> fl Main Ex	Eric Chen	\$65/115
41	Tues/Thurs	2:30-3:15pm	Fencing skills, beg	7 <sup>th</sup> fl	Henry Harutunian	\$65/115
42	Monday	7:00-7:45pm	Adult Swim, inter/adv	3 <sup>rd</sup> fl pool	K. Murray	\$80/120
43	Wednesday	7:00-7:45pm	Adult Swim, inter/adv	3 <sup>rd</sup> fl pool	K. Murray	\$80/120
44	Monday	6:15-7:00pm	Adult Swim, beg.	3 <sup>rd</sup> fl pool	K. Murray	\$80/120
45	Wednesday	6:15-7:00pm	Adult Swim, beg.	3 <sup>rd</sup> fl pool	K. Murray	\$80/120

## CARDIO (SPINNING)

46	Mon/Wed	7:15 - 8:15 am	SPINNING	Basement/PWG	Megan O'Connor	\$120/150
47	Mon/Wed	5:30 - 6:30 pm	SPINNING	Basement/PWG	Lianne Epstein	\$120/150
48	Mon/Wed	6:30 - 7:30 pm	SPINNING	Basement/PWG	Andy Lipsner	\$120/150
49	Mon/Wed	7:30 - 8:30 pm	SPINNING	Basement/PWG	Orli Florsheim	\$120/150
50	Tues/Thurs	6:15 - 7:15 am	SPINNING	Basement/PWG	Andy Lipsner	\$120/150
51	Tues/Thurs	7:15 - 8:15 am	SPINNING	Basement/PWG	Rebecca Boswell	\$120/150
52	Tues/Thurs	5:30 - 6:30 pm	SPINNING	Basement/PWG	Consuelo Amat	\$120/150
53	Tues/Thurs	6:30 - 7:30 pm	SPINNING	Basement/PWG	Samatha Berenblum	\$120/150
54	Saturday	10:15 - 11:15 am	SPINNING	Basement/PWG	Andy Lipsner	\$60/100
55	Sunday	3:00 - 4:00 pm	SPINNING	Basement/PWG	Andy Lipsner	\$60/100

## CHILDREN'S SWIMMING

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

**REGISTRATION: September 3 & 4 2:00-5:00 pm 5<sup>th</sup> Floor PWG, Room 509**  
**Swim Lessons -September 20 to November 8<sup>th</sup> (8 week program)**

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

**Private Lessons: 4 lessons for \$100. Semi privates: 4 lessons for \$80. For more information: yale.swimlessons@hotmail.com**