

# YALE UNIVERSITY PHYSICAL EDUCATION 2015 SUMMER COURSES

Summer Term Monday June 1 – Saturday July 25<sup>th</sup> 2015 (8 weeks)

| <u>DAYS</u> | <u>TIMES</u>     | <u>CLASS</u>                | <u>LOCATION</u>               | <u>INSTRUCTOR</u>   | <u>COST</u>                       |
|-------------|------------------|-----------------------------|-------------------------------|---------------------|-----------------------------------|
| Mon/Wed     | 4:30 - 5:30 pm.  | PILATES MAT                 | 5 <sup>th</sup> floor Main Ex | Kathy Riegelmann    | \$96/120*                         |
| Mon/Wed     | 4:30 - 5:30 pm   | HATHA YOGA                  | 6 <sup>th</sup> floor         | Amy Kennedy-Valente | \$96/120*                         |
| Mon/Wed     | 5:30 - 6:30 pm.  | SHOTOKAN KARATE             | 6 <sup>th</sup> floor         | Craig Elkin         | \$96/120*                         |
| Mon/Wed     | 5:30 - 6:30 pm.  | SCULPT & BURN               | 5 <sup>th</sup> floor Main Ex | Reva Pollack        | \$96/120*                         |
| Mon/Wed     | 6:30 - 7:30 pm.  | ZUMBA                       | 6 <sup>th</sup> floor         | Laura Richling      | \$96/120*                         |
| Tuesday     | 6:30 -7:45 pm    | BALLET (Open Adult)         | 5 <sup>th</sup> floor Room D  | Ann Cowlin          | \$50/70*                          |
| Tuesday     | 5:00 - 6:00 pm   | BOWSPRING Power Yoga        | 6 <sup>th</sup> floor         | Emma Shansky        | \$50/70*                          |
| Tues/Thurs  | 10:30 -11:30 am  | POSTPARTUM Mom-Baby Fitness | 5 <sup>th</sup> floor Main Ex | Ann Cowlin          | \$96/120*                         |
| Tues/Thurs  | 12:00 - 1:00 pm  | PREGNANCY Fitness           | 5 <sup>th</sup> floor Main Ex | Ann Cowlin          | \$96/120*                         |
| Tues/Thurs  | 6:15 - 7:15 am   | BOOT CAMP                   | 5 <sup>th</sup> floor Main Ex | Kathy Riegelmann    | \$96/120*                         |
| Tues/Thurs  | 6:30 - 7:30 pm.  | PILATES MAT                 | 5 <sup>th</sup> floor Main Ex | Dianne Terrace      | \$96/120*                         |
| Tues/Thurs  | 5:15 - 6:15 pm   | HIGH INTENSITY Sculpt       | 5 <sup>th</sup> floor Main Ex | Rosalind. D'Eugenio | <u>(starting 6/16 )</u> \$60/100* |
| Friday      | 10:00 - 11:15 am | BALLET (Open Adult)         | 5 <sup>th</sup> floor Room D  | Ann Cowlin          | \$50/70*                          |
| Friday      | 4:00 - 5:30pm    | KUNDALINI Yoga              | 6 <sup>th</sup> floor         | Hari Gopal          | <u>(starting 6/12)</u> \$60/90*   |

## SPINNING

|           |                  |          |              |                |           |
|-----------|------------------|----------|--------------|----------------|-----------|
| Mon/Wed   | 6:30 - 7:30 am   | SPINNING | Basement/PWG | Megan O'Connor | \$96/120* |
| Mon/Wed   | 5:30 - 6:30 pm   | SPINNING | Basement/PWG | Lianne Epstein | \$96/120* |
| Tues/Thur | 6:30 - 7:30 am   | SPINNING | Basement/PWG | Andy Lipsner   | \$96/120* |
| Tues/Thur | 6:00 – 7:00 pm   | SPINNING | Basement/PWG | Kara Stencil   | \$96/120* |
| Saturday  | 10:30 - 11:30 am | SPINNING | Basement/PWG | Andy Lipsner   | \$48/70*  |

\*Non-member

### Registration Information:

- Online registration will be available May 25, at 9am
- Our website <http://sportsandrecreation.yale.edu>