

CU Voluntary Physical Education Classes – Spring 2006

Ballet-Beginner	Sun 12:30-2pm	Room 3	\$70	Lisa Jo S
Ballet-Intermediate	Sun 11am-12:30pm	Room 3	\$70	Lisa Jo S
Hip Hop Dance	Fri 12-1pm	Room 3	\$40	Meg A
Hip Hop Dance	Sun 6-7pm	Room 3	\$40	Meg A
Hip Hop Dance-Int.	Fri 1-2pm	Room 3	\$40	Meg A
Body Sculpt	MW 6-7pm	Room 3	\$80	Lisa N
Body Sculpt	TT 1-2pm	Room 3	\$80	Laura M
Body Sculpt	Fri 8-8:45am	Room 3	\$30	Laura M
Body Sculpt	Fri 11am-12pm	Room 3	\$40	Lizette S
Body Sculpt	Sun 5-6pm	Room 3	\$40	Sophia B
Core Sculpt	MW 1-2pm	Room 3	\$80	Peggy L
Core Sculpt	TT 5-6pm	Room 3	\$80	Peggy L
Pilates	MW 8-8:45am	Room 3	\$60	Alexandra F
Pilates	TT 8:30-9:30am	Room 3	\$80	Rebecca J
Pilates	TT 4-5pm	Room 4	\$80	Erica R
Pilates	TT 5-6pm	Room 4	\$80	Erica R
Pilates	Fri 2-3pm	Room 3	\$40	Alexandra F
Pilates	Fri 6:30-7:30pm	Room 3	\$40	Sophia B
Pilates	Sat 11:30am-12:30pm	Room 3	\$40	Charon H
Pilates	Sun 4-5pm	Room 4	\$40	Charon H
Pilates	Sun 5-6pm	Room 4	\$40	Charon H
Cardio/Sculpt	MW 12:15-1pm	Room 3	\$60	Nancy D
Cardio/Sculpt	TT 12:15-1pm	Room 3	\$60	Laura M
Cardio Mix	Fri 8:45-9:30am	Room 3	\$30	Laura M
Cardio Mix	Sun 4-5pm	Room 3	\$40	Sophia B
Aerobics	MW 5:15-6pm	Room 3	\$60	Aimee N
Aerobics/Sculpt	TT 6-7:15pm	Room 3	\$100	Nancy D
Aerobics	Fri 5:30-6:30pm	Room 3	\$40	Avina G
Fitness Instructor Training	Tu 8:45-10pm	TBA	\$200	Laura M
Step/Sculpt	TT 7:15-8:30pm	Room 3	\$100	Laura M
Cardio Kick Box	MW 7-8pm	Room 3	\$80	Maline L
Cardio Kick Box	TT 2-3pm	Room 3	\$80	Lizette S
Cardio Kick Box	Sat 10:30-11:30am	Room 3	\$40	Eleni M
Capoeira Fitness	Sat 12:30-1:30pm	Room 3	\$40	Kristen D
Circuit Express	MW 7:15-8am	Room 3	\$60	Stacy T
Circuit Express	TT 4:15-5pm	Room 3	\$60	Stacy T

Physical Conditioning	MW 12-1pm	Wrestling Rm	\$80	Ani B
Physical Conditioning	TT 7:30-8:30am	Room 3	\$80	Ani B
Physical Conditioning	TT 12-1pm	Wrestling Rm	\$80	Ani B
Shaolin Kung Fu	Sat 2-3pm	Room 4	\$40	Alex K
Tai Chi Chuan	MW 7-8am	Room 4	\$80	John L
Tai Chi Chuan	Tu 9:30-11am	Room 4	\$60	Ed W
Squash - Intermediate	TT 7-8pm	Squash Ct	\$80	Raj K
Squash - Beginner	TT 8-9pm	Squash Ct	\$80	Raj K
Tennis-Beginner	TTF 10-11am	Tennis Ct	\$150	Noel F
Tennis-Beginner	TTF 11-12noon	Tennis Ct	\$150	Noel F
Tennis-Intermediate	TTF 9-10am	Tennis Ct	\$150	Noel F
Lap Swim	MTWT 8:30-9:30am	Uris Pool	\$110	Gordon S
Lap Swim	TTF 11am-12pm	Uris Pool	\$80	Gordon S
Scuba	Tu 6:30-10pm	Uris Pool	\$200	Jim P
Scuba	W 6:30-10pm	Uris Pool	\$200	Jim P
Kayaking	Th 8-10:30pm	Uris Pool	\$150	TBA
Fencing	MW 5-6pm	Fencing Rm	\$80	TBA
Yoga-Hatha	MW 1-2pm	Room 4	\$80	Bonnie B
Yoga-Hatha	TT 2-3pm	Room 4	\$80	Bonnie B
Yoga-Hatha-Int.	Fri 12-1:30pm	Room 4	\$60	Bonnie B
Yoga-Vinyasa	Fri 11-12noon	Room 4	\$40	Anastasia K
Yoga-Vinyasa	Fri 3-4pm	Room 4	\$40	Anastasia K
Yoga-Iyengar	MW 8-9am	Room 4	\$80	Columbia F
Yoga-Iyengar	MW 9-10am	Room 4	\$80	Columbia F
Yoga-Iyengar	M 3:45-5pm	Room 4	\$50	Anneke
Yoga-Iyengar	MW 5-6pm	Room 4	\$80	Anneke
Yoga-Iyengar	MW 6-7pm	Room 4	\$80	Tori M
Yoga-Iyengar	TT 7:30-8:30am	Room 4	\$80	Tamir
Yoga-Iyengar	TT 8:30-9:30am	Room 4	\$80	Tamir
Yoga-Iyengar	Fri 7:30-8:45am	Room 4	\$50	Tamir
Yoga-Iyengar	Fri 8:45-10am	Room 4	\$50	Tamir
Yoga-Iyengar	Sat 10:15-11:30am	Room 4	\$50	Hugh M
Yoga-Iyengar	Sat 11:30am-12:45pm	Room 4	\$50	Hugh M
Yoga-Iyengar	Sun 6-7:15pm	Room 4	\$50	Gina K
Yoga-Iyengar-Int.	MW 12-1pm	Room 4	\$80	Hugh M
Yoga-Iyengar-Int.	W 3:30-5pm	Room 4	\$60	Matt D
Yoga-Iyengar-Int.	Fri 1:30-3pm	Room 4	\$60	Caroline C
Yoga-Iyengar-Int.	Fri 4-5:30pm	Room 4	\$60	Hugh M
Yoga-Iyengar-Int.	Sun 7:15-8:30pm	Room 4	\$50	Gina K