2014 SPRING 2/2-5/10
ATHLETIC & RECREATION COURSE GUIDE

Location Abbreviations

AR = Aerobics Room	PL = Pool	RB = Racquetball Court	TR = Track
GYM = Gymnasium	RW = Rock Wall	TN = Tennis Court	FC = Fitness Center

Course	Day	Time	Location	Notes
AR 001 Dodgeball	Wed	10:00-11:00 p	GYM	
AR 020A Intro to Rock Climbing	Mon	5:00-6:00 p	RW	
AR 020B Intro to Rock Climbing	Tue	5:00-6:00 p	RW	
AR 100A Aqua Energizer	Mon	9:30-10:30 a	PL	
AR 100B Aqua Energizer	Tue	9:30-10:30 a	PL	
AR 100C Aqua Energizer	Thu	9:30-10:30 a	PL	
AR 110 Aqua Sculpt	Wed	9:30-10:30 a	PL	
AR 111 Aqua Blast	Fri	9:30-10:30 a	PL	
AR 120 Red Cross LG Training	Mon	4:00-6:00 p	KAC	$100 fee, 2/3- 4/21, No class 3/17, 3/24 & 4/14
AR 121 SwimAmerica Instructor Training	Thu	4:00-5:30p	KAC	$25.00, 2/6-2/27
AR 122A Swim Lessons (beginner)	Tue	7:00-7:30 p	PL	
AR 122B Swim Lessons (intermediate)	Tue	7:30-8:00 p	PL	
AR 130A Gentle Yoga	Mon	9:00-10:00a	AR	
AR 130B Gentle Yoga	Tue	9:00-10:00a	AR	
AR 131 Vinasa Yoga Flow	Sun	9:30-11:00 a	AR	
AR 132A Yoga Flow-Level I	Tue	6:00-7:15 p	AR	
AR 132B Yoga Flow-Basics	Thu	6:00-7:15 p	AR	
AR 132C Yoga Flow-Active	Wed	9:00-10:30 a	AR	
AR 133 Introductory Iyengar Yoga	Sat	10:30-11:30 a	AR	
AR 134 Int. Kali Ray Yoga	Fri	9:00-10:30 a	AR	
AR 135 Pilates	Tue	5:00-6:00 p	AR	
AR 136 Tai Chi/Qui Gong	Mon	10:15-11:15 a	AR	
AR 137 20/20/20 for the Mind	Thu	5:00-6:00 p	AR	
AR 138 Yoga On the Ball	Thu	11:00a-12:00p	AR	
AR 140A Cardio Fusion	Mon	7:45-8:55 a	AR	
AR 140B Cardio Fusion	Wed	7:45-8:55 a	AR	
AR 140C Cardio Fusion	Fri	7:45-8:55 a	AR	
AR 141A Zumba	Tue	4:00-5:00 p	AR	
AR 141B Zumba	Fri	11:00a-12:00p	AR	
AR 142 Muscle Up	Thu	8:00-9:00 a	AR	
AR 160 Tennis/Racquetball	Thu	5:30-6:30 p	TN/RB	
AR 161 Ultimate Frisbee	Thu	5:30-6:30 p	GYM	
AR 162 Indoor Soccer	Fri	4:00-5:00 p	GYM	
AR 163 Squash Clinic	Fri	4:30-5:30 p	RB	
AR 165 Boffing	Sat	1:00-3:00 p	GYM	
AR 167 Volleyball	Thu	6:30-7:30 p	GYM	
AR 300A Master's Swim Club	Tue	6:30-7:30 p	PL	
AR 300B Master's Swim Club	Thu	6:30-7:30 p	PL	