

2012 SPRING MOD 2 (3/12 – 4/29)
ATHLETIC & RECREATION COURSE GUIDE

Abbreviations

AR = Aerobics Room
 GYM = Gymnasium

PL = Pool
 RW = Rock Wall

RB = Racquetball Court
 TN = Tennis Court

TR = Track
 FC = Fitness Center

Course	Day	Time	Location	Notes
AR 001 Dodgeball	Wed	10:00-11:00 p	GYM	
AR 020A Intro to Rock Climbing	Tue	5:00-6:00 p	RW	
AR 020B Intro to Rock Climbing	Wed	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 122A Swim Lessons (novice)	Tue	7:00-7:30 p	PL	
AR 122B Swim Lessons (stroke dev)	Tue	7:30-8:00 p	PL	
AR 130A Gentle Yoga	Mon	9:00-10:00 a	AR	
AR 130B Gentle Yoga	Tue	11:00-12:00	AR	
AR 131 Hatha Yoga w/ Meditation	Sun	9:30-11:00 a	AR	
AR 132A Yoga Flow	Tue	6:00-7:15 p	AR	
AR 132B Yoga Flow	Thu	6:00-7:15 p	AR	
AR 132C Yoga Flow	Wed	9:00-10:00 a	AR	
AR 133 Introductory Iyengar Yoga	Sat	10:30-11:30 a	AR	
AR 134 Int. Kali Ray Yoga	Fri	9:00-10:00 a	AR	
AR 135 Pilates	Tue	5:00-6:00 p	AR	
AR 136 Tai Chi	Mon	10:00-11:00 a	AR	
AR 137 Moving Grace	Thu	5:00-6:00 p	AR	
AR 138 Yoga?Pilates Combo	Thu	11:00a-12:00p	AR	
AR 139 Ultimate Fitness	Sat	9:00a-10:00a	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 160 Tennis/Racquetball	Thu	4:00-5:00 p	TN	
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	Tue	7:30-8:30 p	GYM	
AR 300A Master's Swim Club	Tue	6:00-7:00 p	PL	
AR 300B Master's Swim Club	Thu	6:00-7:00 p	PL	