

Archived

Fall 2018 Physical Education Classes

Updated 8/16/2018

Aquatics						
<i>Class Lev / Sec</i>	<i>Activity</i>	<i>CCN</i>	<i>Units</i>	<i>Class Day and Time</i>	<i>Class Location</i>	<i>Class Instructor</i>
Aquatics		CMF Fee \$15				
1-1	Beg. Swimming	23208	0.5	MW 1-2P	HEARST POOL	STEFKE, E J
1-2	Beg. Swimming	23337	0.5	TuTh 11-12P	HEARST POOL	STEFKE, E J
2-1	Lo-Int Swimming	23267	0.5	MW 11-12P	HEARST POOL	STEFKE, E J
2-2	Lo-Int Swimming	23268	0.5	TuTh 10-11A	HEARST POOL	STEFKE, E J
2-3	Lo-Int Swimming	23269	0.5	TuTh 1-2P	HEARST POOL	STEFKE, E J
3-1	Int Swimming	23177	0.5	MW 10-11A	HEARST POOL	STEFKE, E J
3-2	Int Swimming	23178	0.5	MW 2-3P	HEARST POOL	STEFKE, E J
3-3	Int Swimming	23179	0.5	TuTh 2-3P	HEARST POOL	STEFKE, E J
4-1	Hi-Int Swimming	22950	0.5	MW 9-10A	HEARST POOL	STEFKE, E J
4-2	Hi-Int Swimming	22951	0.5	MW 3-4P	HEARST POOL	STEFKE, E J
4-3	Hi-Int Swimming	22952	0.5	TuTh 3-4P	HEARST POOL	STEFKE, E J
Dance						
<i>Class Lev / Sec</i>	<i>Activity</i>	<i>CCN</i>	<i>Units</i>	<i>Class Day and Time</i>	<i>Class Location</i>	<i>Class Instructor</i>
Dance		CMF Fee \$15				
1-10	Beg. Ballet	24269	0.5	Tu 12-2P	230 HEARST GYM	SHAH, V G
1-11	Beg. Ballet	23339	0.5	Th 12-2P	230 HEARST GYM	SHAH, V G
1-12	Beg. Broadway Jazz	23340	0.5	M 1-3P	230 HEARST GYM	CUMMINS, A B
1-13	Beg. Lyrical Dance	23348	0.5	Tu 10-12P	230 HEARST GYM	BRITTON, J E
1-15	Beg. Tap Dance	23350	0.5	M 3-5P	234 HEARST GYM	CUMMINS, A B
1-16	Beg. Contemporary Dance	31464	0.5	Th 10-12P	230 HEARST GYM	BARNES, K L
1-17	Beg. Ballroom Dance	31465	0.5	W 12-2P	228 HEARST GYM	YOO, K
1-18	Beg. Salsa	32364	0.5	W 2-4P	234 HEARST GYM	YOO, K
1-19	Beg. African Dance (Congolese)	32365	0.5	M 3-5P	230 HEARST GYM	BIBENE, C B

1-20	Beg. Flamenco Dance	32366	0.5	Th 2-4P	234 HEARST GYM	STANLEY, C C
2-10	Lo-Int Ballet	23270	0.5	Th 2-4P	230 HEARST GYM	SHAH, V G
2-12	Lo-Int. Lyrical Dance	23272	0.5	Th 10-12P	228 HEARST GYM	BRITTON, J E
3-10	Int Ballet	23180	0.5	Tu 2-4P	230 HEARST GYM	SHAH, V G

Fitness

<i>Class Lev / Sec</i>	<i>Activity</i>	<i>CCN</i>	<i>Units</i>	<i>Class Day and Time</i>	<i>Class Location</i>	<i>Class Instructor</i>
Fitness		CMF Fee \$15				
1-30	Beg. Aerobic Circuit Training	23351	0.5	MW 10-11A	251 HEARST GYM	JOHANNESSEN, S
1-31	Beg. Aerobic Circuit Training	23352	0.5	MW 11-12P	251 HEARST GYM	JOHANNESSEN, S
1-32	Beg. Circuit Weight Training	23342	0.5	TuTh 11-12P	125E REC SPRT FAC	WONG, D K
1-33	Beg. Circuit Weight Training	23343	0.5	TuTh 12-1P	125E REC SPRT FAC	WONG, D K
1-34	Beg. Core Conditioning	23344	0.5	TuTh 11-12P	234 HEARST GYM	MAR, T L
1-35	Beg. Core Conditioning	23345	0.5	MW 9-10A	234 HEARST GYM	MAR, T L
1-36	Beg. Interval Sports Training	23346	0.5	F 10-12P	RSF FLDHOUSE	WONG, D K
1-37	Beg. Reconditioning	23347	0.5	MW 8-9A	234 HEARST GYM	MAR, T L
1-38	Beg. Resistance Training	23313	0.5	TuTh 10-11A	125E REC SPRT FAC	WONG, D K
1-39	Beg. Speed Agility Quicknss Tr	23314	0.5	TuTh 9-10A	RSF FLDHOUSE	WONG, D K
2-30	Lo-Int Core Conditioning	23273	0.5	TuTh 10-11A	234 HEARST GYM	MAR, T L
2-31	Lo-Int Core Conditioning	23279	0.5	MW 12-1P	234 HEARST GYM	MAR, T L
2-32	Lo-Int Interval Sport Training	31466	0.5	F 8-10A	RSF FLDHOUSE	WONG, D K
3-30	Int Core Conditioning	32382	0.5	MW 7-8A	234 HEARST GYM	MAR, T L

Martial Arts

<i>Class Lev / Sec</i>	<i>Activity</i>	<i>CCN</i>	<i>Units</i>	<i>Class Day and Time</i>	<i>Class Location</i>	<i>Class Instructor</i>
Martial Arts		CMF Fee \$15				

1-50	Beg. Martial Arts-Judo	23309	0.5	TuTh 9-10A	145 REC SPRT FAC	AHN, R C
1-51	Beg. Martial Arts-Judo	23310	0.5	TuTh 10-11A	145 REC SPRT FAC	AHN, R C
1-52	Beg. Taekwondo / Self-Defense	23311	0.5	MW 9-10A	145 REC SPRT FAC	AHN, R C
1-53	Beg. Taekwondo / Self-Defense	23312	0.5	MW 10-11A	145 REC SPRT FAC	AHN, R C
1-54	Beg. Taekwondo / Self-Defense	23321	0.5	MW 12-1P	145 REC SPRT FAC	AHN, R C
1-55	Beg. Taekwondo / Self-Defense	23322	0.5	MW 2-3P	145 REC SPRT FAC	AHN, R C
1-56	Beg. Taekwondo / Self-Defense	23323	0.5	TuTh 2-3P	145 REC SPRT FAC	AHN, R C
1-57	Beg. Taekwondo / Self-Defense	23324	0.5	TuTh 3-4P	145 REC SPRT FAC	AHN, R C
1-58	Beg. Yongmudo / Self-Defense	23284	0.5	TuTh 11-12P	145 REC SPRT FAC	AHN, R C
1-59	Beg. Yongmudo / Self-Defense	23285	0.5	TuTh 12-1P	145 REC SPRT FAC	AHN, R C
2-50	Lo-Int Taekwondo Self-Defense	23258	0.5	MW 3-4P	145 REC SPRT FAC	AHN, R C

Sports

<i>Class Lev / Sec</i>	<i>Activity</i>	<i>CCN</i>	<i>Units</i>	<i>Class Day and Time</i>	<i>Class Location</i>	<i>Class Instructor</i>
Sports		CMF Fee \$15				
1-90	Beg. Basketball	23286	0.5	MW 9-10A	RSF FLDHOUSE	RORK, L H
1-91	Beg. Tennis	23277	0.5	MW 9-10A	HEARSTGYMCTS	MORRIS, R A
1-92	Beg. Tennis	23278	0.5	MW 11-12P	HEARSTGYMCTS	MORRIS, R A
1-93	Beg. Tennis	23338	0.5	TuTh 9-10A	HEARSTGYMCTS	RORK, L H
1-94	Beg. Volleyball	25668	0.5	MW 11-12P	220 HEARST GYM	CARAWAY, W J
2-90	Lo-Int Basketball	25770	0.5	MW 11-12P	RSF FLDHOUSE	RORK, L H
2-91	Lo-int Tennis	23259	0.5	Tu 1-3P	HEARSTGYMCTS	RORK, L H
2-92	Lo-int Tennis	23260	0.5	MW 12-1P	HEARSTGYMCTS	MORRIS, R A
2-93	Lo-int Tennis	23261	0.5	MW 10-11A	HEARSTGYMCTS	MORRIS, R A
2-94	Lo-int Tennis	23262	0.5	TuTh 10-11A	HEARSTGYMCTS	RORK, L H
2-95	Lo-Int Volleyball	23263	0.5	TuTh 11-12P	RSF FLDHOUSE	CARAWAY, W J
3-90	Int Basketball	23193	0.5	MW 12-1P	RSF FLDHOUSE	RORK, L H
3-91	Int Basketball	23194	0.5	MW 10-11A	RSF FLDHOUSE	RORK, L H
3-92	Int Tennis	23195	0.5	M 1-3P	HEARSTGYMCTS	MORRIS, R A
3-93	Int Tennis	23182	0.5	Th 1-3P	HEARSTGYMCTS	RORK, L H

3-94	Int Tennis	23197	0.5	Tu 11-1P	HEARSTGYMCTS	RORK, L H
3-95	Int Volleyball	23184	0.5	Tu 12-2P	RSF FLDHOUSE	CARAWAY, W J
4-90	Hi-Int Basketball	22953	0.5	MW 1-2P	RSF FLDHOUSE	RORK, L H
4-92	Hi-Int Tennis	22954	0.5	W 1-3P	HEARSTGYMCTS	MORRIS, R A
4-93	Hi-Int Tennis	22955	0.5	Th 11-1P	HEARSTGYMCTS	RORK, L H
4-95	Hi-Int Volleyball	22959	0.5	Th 12-2P	RSF FLDHOUSE	CARAWAY, W J
5-10	Adv Volleyball	23525	0.5	MW 12-1P	220 HEARST GYM	CARAWAY, W J

Wellness and Yoga

<i>Class Lev / Sec</i>	<i>Activity</i>	<i>CCN</i>	<i>Units</i>	<i>Class Day and Time</i>	<i>Class Location</i>	<i>Class Instructor</i>
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Wellness and Yoga

CMF Fee \$15

1-14	Beg. Stretch, Strength & Align	23349	0.5	W 10-12P	230 HEARST GYM	BRITTON, J E
1-71	Walking for Wellness	23319	0.5	M 1-3P	251 HEARST GYM	BRITTON, J E
1-72	Beg. Yoga-Hatha	23320	0.5	F 10-12P	251 HEARST GYM	BRITTON, J E
1-73	Beg. Yoga-Hatha	23327	0.5	W 1-3P	251 HEARST GYM	BRITTON, J E
1-74	Beg. Yoga-Restorative	23328	0.5	F 1-3P	251 HEARST GYM	BRITTON, J E
1-75	Beg. Yoga-Restorative	23329	0.5	Tu 1-3P	251 HEARST GYM	BRITTON, J E
1-76	Beg. Yoga-Restorative	23330	0.5	Th 1-3P	251 HEARST GYM	BRITTON, J E
1-77	Beg. Yoga-Vinyasa	23331	0.5	MW 11-12P	234 HEARST GYM	MAR, T L
1-78	Beg. Yoga-Vinyasa	23305	0.5	TuTh 8-9A	251 HEARST GYM	MAR, T L
1-79	Beg. Yoga-Vinyasa	23306	0.5	TuTh 9-10A	251 HEARST GYM	MAR, T L
1-81	Beg. Yoga-Wellness Practices	23308	0.5	Tu 3-5P	251 HEARST GYM	BRITTON, J E
1-82	Beg. Yoga-Wellness Practices	32368	0.5	Th 3-5P	251 HEARST GYM	BRITTON, J E
2-75	Lo-Int Yoga-Vinyasa	23280	0.5	TuTh 7-8A	251 HEARST GYM	MAR, T L
2-76	Lo-Int Yoga-Vinyasa	23257	0.5	MW 10-11A	234 HEARST GYM	MAR, T L

PE 32

<i>Class Lev / Sec</i>	<i>Activity</i>	<i>CCN</i>	<i>Units</i>	<i>Class Day and Time</i>	<i>Class Location</i>	<i>Class Instructor</i>
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PE 32						
32-1	Fitness: Phs Ada/Ex	23545	3	M 8-10A	126 BARROWS HALL	JOHANNESSEN, S
32-101	Fitness: Phs Ada/Ex	23546	0	Tu 8-10A	210 HEARST GYM	JOHANNESSEN, S
32-102	Fitness: Phs Ada/Ex	23547	0	Tu 10-12P	210 HEARST GYM	JOHANNESSEN, S
32-103	Fitness: Phs Ada/Ex	23548	0	W 8-10A	210 HEARST GYM	JOHANNESSEN, S
32-104	Fitness: Phs Ada/Ex	23549	0	Th 8-10A	210 HEARST GYM	JOHANNESSEN, S
PE 197						
<i>Class Lev / Sec</i>	<i>Activity</i>	<i>CCN</i>	<i>Units</i>	<i>Class Day and Time</i>	<i>Class Location</i>	<i>Class Instructor</i>
PE 197						
197-1	FIELD STUDY	18298	1.00 - 3.00	0-00A	TBA	TBA
197-2	FIELD STUDY	18299	1.00 - 3.00	0-00A	TBA	TBA
PE 98						
<i>Class Lev / Sec</i>	<i>Activity</i>	<i>CCN</i>	<i>Units</i>	<i>Class Day and Time</i>	<i>Class Location</i>	<i>Class Instructor</i>
PE 98		CMF Fee \$15				
98-1	Swing Dancing	23255	1.00 - 4.00	F 6-829P	TBA	TBA
PE 198						
<i>Class Lev / Sec</i>	<i>Activity</i>	<i>CCN</i>	<i>Units</i>	<i>Class Day and Time</i>	<i>Class Location</i>	<i>Class Instructor</i>
PE 198		CMF Fee \$15				
198-1	Swing Dancing	23281	1.00 - 4.00	F 6-829P	TBA	TBA
PE 98						
<i>Class Lev / Sec</i>	<i>Activity</i>	<i>CCN</i>	<i>Units</i>	<i>Class Day and Time</i>	<i>Class Location</i>	<i>Class Instructor</i>
PE 98		CMF Fee \$15				
98-2	Beginning Ballet with Pointe	25946	1.00 - 4.00	M 6-8P	TBA	TBA
PE 198						
<i>Class Lev / Sec</i>	<i>Activity</i>	<i>CCN</i>	<i>Units</i>	<i>Class Day and Time</i>	<i>Class Location</i>	<i>Class Instructor</i>
PE 198		CMF Fee \$15				
198-2	Beginning Ballet with Pointe	24634	1.00 - 4.00	M 6-8P	TBA	TBA

