

FALL 2020

Course Title	Meeting Pattern	Instructor	Inst. Method	Location
Stretch Lab	TTh 9:40am-10:35am	Bobet, Jacqueline	Synchronous Online	Zoom
Stretch Lab	MW 8:30am-9:25am	Bobet, Jacqueline	Synchronous Online	Zoom
Mental Training	M 6:30pm-8:05pm	Oliveira, Marcia	Synchronous Online	Zoom
Yoga	MW 2:45pm-3:40pm	Horvilleur, Denise	Synchronous Online	Zoom
Yoga	TTh 4pm-4:49pm	Burgermeister, Jennifer	Synchronous Online	Zoom
Tai Chi	W 7pm-8:35pm	Wu, Chienli	Synchronous Online	Zoom
Tai Chi	MW 9am-9:50am	Lewis, Kai-Johann	Synchronous Online	Zoom
Walk, Jog, Run	TTh 5pm-5:50pm	Oliveira, Marcia	Synchronous Online	Zoom
Pilates	TTh 1:30pm-2:25pm	Leach, Christen	Synchronous Online	Zoom
Pilates	TTh 3:10pm-4:05pm	Leach, Christen	Synchronous Online	Zoom
Personal Wellness	Does Not Meet	Faris, Alexander	Asynchronous Online	N/A
Personal Wellness	Does Not Meet	Faris, Alexander	Asynchronous Online	N/A
Personal Wellness	Does Not Meet	Slator, Elizabeth	Asynchronous Online	N/A
Personal Wellness	Does Not Meet	Oliveira, Marcia	Asynchronous Online	N/A
Nutrition	W 6:30pm-8:15pm	Hastings, Elisabeth	Synchronous Online	Zoom
Advanced Mental Training	W 12:15pm-1:50pm	Slator, Elizabeth	Face to Face	ABL 130