

Spring Semester 2021

Course Name	Meeting Pattern	Inst. Method	Instructor
LPAP 101 - STRETCH LAB			
	TTh 9:40am-10:35am	Online	Bobet
	MW 8:30am-9:25am	Online	Bobet
LPAP 113 - MENTAL TRAINING			
	W 6:30pm-8:05pm	Online	Oliveira
LPAP 151 - THE ALEXANDER TECHNIQUE			
	T 3:30pm-4:40pm	Online	Rarick
LPAP 170 - YOGA			
	MW 2:45pm-3:40pm	Online	Horvilleur
	TTh 4pm-4:50pm	Online	Horvilleur
	MW 4pm-4:50pm	Online	Buergermeister
LPAP 171 - TAI CHI			
	MW 9am-9:50am	Online	Lewis
LPAP 175 - INTRO TO MARTIAL ARTS			
	W 7pm-8:30pm	Online	Wu
LPAP 178 - THE ART OF RELAXATION			
	F 4pm-5:30pm	Online	Buergermeister
LPAP 180 - WALK, JOG, RUN			
	TTh 5:30pm-6:25pm	Online	Oliveira
LPAP 186 - PILATES			
	TTh 1:30pm-2:25pm	Online	Leach
	TTh 2:30pm-3:25pm	Online	Leach
LPAP 192 - EXERCISE & WEIGHT MANAGEMENT			
	MW 9am-9:50am	Online	Faris
LPAP 197 - DISCOVERING PERSONAL WELLNESS			
	Does Not Meet	Asynchronous Online	Faris
	Does Not Meet	Asynchronous Online	Oliveira
LPAP 198 - NUTRITION			
	W 5pm-6:30pm	Online	Hastings