

**SPRING 2020**

Course	Course Title	Meeting Pattern	Instructor	Location
LPAP 101	STRETCH LAB	MW 2pm-2:50pm	Bobet, Jacqueline	THEATER
LPAP 101	STRETCH LAB	TTh 2:30pm-3:20pm	Bobet, Jacqueline	THEATER
LPAP 102	PENCAK SILAT	MW 9am-9:50am	Lewis, Kai	MPR 1
LPAP 107	INTERMEDIATE TENNIS	TTh 9:25am-10:15am	Mcgee, D'ondra	TENNIS COURTS
LPAP 109	INTRO TO FOXTROT AND WALTZ	TTh 11am-11:59am	Banta, Jill	MP2
LPAP 110	INTRODUCTION TO GOLF	TTh 9:25am-10:15am	Barron, John	Hermann Park / Rec 220
LPAP 110	INTRODUCTION TO GOLF	MW 9am-9:50am	Barron, John	Hermann Park / Rec 220
LPAP 113	MENTAL TRAINING	M 5pm-6:40pm	Oliveira, Marcia	Rec 160A
LPAP 117	INTRO TO OUTDOOR LEADERSHIP	Th 2:30pm-4:10pm	Cortez, Kris	FIELD 2/Rec 220
LPAP 118	INTRODUCTION TO TEAM SPORTS	MW 3pm-3:50pm	Watkins, Christopher	Field 2 / MAC Gym
LPAP 120	DISC GAMES	T 4pm-5:50pm	Cortez, Kristofer	O'Connor / GYM 2
LPAP 135	INTRODUCTION TO DANCE	MW 4pm-4:50pm	Bobet, Jacqueline	Dance Theater
LPAP 137	INTRO TO EAST COAST SWING	TTh 1pm-1:59pm	Banta, Jill	MPR 2
LPAP 138	INTRO TO SALSA/MAMBO & CHA CHA	TTh 2:30pm-3:29pm	Banta, Jill	MPR 2
LPAP 145	COUNTRY WESTERN DANCE	TTh 4pm-4:59pm	Banta, Jill	MPR 2
LPAP 151	THE ALEXANDER TECHNIQUE	T 3pm-4:40pm	Rarick, Janet	MPR 3
LPAP 155	INTRODUCTION TO BALLET	MW 11am-11:50AM	Peck, Bryan	Dance Theater
LPAP 157	JAZZ DANCE/HIP HOP	TTh 4pm-4:50pm	Bobet, Jacqueline	Dance Theater
LPAP 164	FITNESS SWIMMING	MW 1pm-1:50pm	Rodriguez, Jessica	Comp Pool / Wet Classroom
LPAP 164	FITNESS SWIMMING	TTh 11am-11:50am	McInnis, Dalton	Comp Pool / Wet Classroom
LPAP 166	BEGINNING SWIMMING	TTh 9:25am-10:15am	McInnis, Dalton	Comp Pool/Wet Classroom
LPAP 170	YOGA	MW 2pm-2:50pm	Buergermeister, Jennifer	MPR 3
LPAP 170	YOGA	MW 3pm-3:50pm	Buergermeister, Jennifer	MPR 3
LPAP 172	INTRODUCTION TO FENCING	MW 1pm-1:50pm	Soliman, Khaled	MAC Gym
LPAP 175	INTRO TO MARTIAL ARTS	TTh 9:25am-10:15am	Wu, Ernie	MPR 2
LPAP 178	THE ART OF RELAXATION	MW 4pm-4:50pm	Buergermeister, Jennifer	MPR 3
LPAP 180	WALK, JOG, RUN	TTh 6pm-6:50pm	Oliveira, Marcia	GYM 1
LPAP 181	PERSONAL FITNESS	TTh 5pm-5:50pm	Oliveira, Marcia	Weight Room
LPAP 182	WEIGHT TRAINING	TTh 9:25am-10:15am	Broadstone, Dave	Weight Room
LPAP 183	WEIGHT TRAINING & CONDITIONING	MW 8am-8:50am	Faris, Alexander	Weight Room/ MPR 1
LPAP 186	PILATES	TTh 1pm-1:50pm	Leach, Christen	MPR 3
LPAP 186	PILATES	TTh 2pm-2:50pm	Leach, Christen	MPR 3
LPAP 192	EXERCISE & WEIGHT MANAGEMENT	MW 9am-9:50am	Faris, Alex	Weight Room/ MPR 3
LPAP 194	SCUBA	W 6:30pm-9:59pm	Baber, James	Rec 160A / Comp Pool
LPAP 198	NUTRITION	W 5pm-6:40pm	Hastings, Elisabeth	Rec 220