

Archery	MW	11:00 AM	14	Rockwell Cage North	Must attend first 4 classes	\$ 15.00
Archery	MW	1:00 PM	14	Rockwell Cage North	Must attend first 4 classes.	\$ 15.00
Archery	MW	2:00 PM	14	Rockwell Cage North	Must attend first 4 classes	\$ 15.00
Archery	TR	2:00 PM	14	Rockwell Cage North	Must attend first 4 classes	\$ 15.00
Archery, Intermediate	TR	1:00 PM	10	Rockwell Cage North	Must attend first 4 classes and completed beginner archery.	\$ 15.00
Badminton	MW	1:00 PM	16	Rockwell south	Work out clothes.	\$ 5.00
Badminton	MW	2:00 PM	16	Rockwell south	Workout clothes	\$ 5.00
Ballroom	TR	7:00 PM	24	Du Pont T Club Lounge	None	\$ -
Boot Camp for Athletes	MW	3:00 PM	20	Johnson infield and track	ups in 1 minute: 25 or more, Body-Weight squats in 1 minute: 30 or more, Full sit ups in 1 minute: 30 or	\$ 10.00
Fencing, Sabre	TR	1:00 PM	16	Du Pont Fencing Room	Must attend first 3 classes.	\$ 5.00
Fencing, Sabre	TR	2:00 PM	16	Du Pont Fencing Room	Must attend first 3 classes.	\$ 5.00
Fitness/Healthy Relationships	TR	5:00 PM	18	Du Pont MPR	Workout clothes	\$ -
Fitness/Meditation	MW	5:00 PM	18	Du Pont MPR	Workout clothes	\$ -
Fitness/Nutrition	MW	6:00 PM	18	Du Pont MPR	Workout clothes	\$ -
Fitness/Stress management	TR	6:00 PM	18	Du Pont MPR	Workout clothes	\$ -
Group Exercise - Cardio Drumming	TR	4:00 PM	25	Du Pont T Club Lounge	Workout clothes	\$ -
Group Exercise - Dance Fitness	TR	5:00 PM	25	Du Pont T Club Lounge	Workout clothes	\$ -
Group Exercise - HITT	MW	11:00 AM	25	Z MAC	None	\$ -
Group Exercise - Kickboxing	TR	6:00 PM	25	Du Pont T Club Lounge	Workout clothes	\$ -
Group Exercise - Pilates	MW	3:00 PM	25	Alumni	Workout clothes	\$ -
Group Exercise - Yoga	MW	2:00 PM	25	Alumni	Work out clothes	\$ -
Group Exercise - Yoga	MW	8:00 AM	25	Du Pont T Club Lounge	Work out clothes	\$ -
Group Exercise - Yoga	MW	5:00 PM	25	Du Pont T Club Lounge	Work out clothes	\$ -
Group Exercise -Pilates/Yoga	MW	6:00 PM	25	Du Pont T Club Lounge	Work out clothes	\$ -
Hip Hop	TR	1:00 PM	24	Du Pont T Club Lounge	None	\$ -
Ice Hockey	MW	2:00 PM	20	Johnson Ice Rink 1 and 2	Warm clothes. Stick, gloves, skates, helmets & shin guards provided.	\$ 10.00
Indoor Climbing with MetroRock	W	5:30 PM-9:30 PM	20	Off Campus	Must attend first 2 days. Dates: 11/6,13,20 12/4.	\$ 100.00
Boot Camp for Athletes, Introduction	TR	3:00 PM	20	Johnson infield and track	Workout clothes	\$ 10.00
Jogging/Running	MW	2:00 PM	20	Johnson Track/Morrison Track	Work out clothes. Running shoes recommended	\$ -
Pistol	MW	1:00 PM	13	Du Pont Firearm Range	Must attend first 4 classes.	\$ 35.00
Pistol	MW	2:00 PM	13	Du Pont Firearm Range	Must attend first 4 classes.	\$ 35.00
Pistol	TR	1:00 PM	13	Du Pont Firearm Range	Must attend first 4 classes.	\$ 35.00
Pistol	TR	2:00 PM	13	Du Pont Firearm Range	Must attend first 4 classes.	\$ 35.00
Rifle	MW	11:00 AM	12	Du Pont Firearm Range	Must attend first 4 classes.	\$ 35.00
Rifle	TR	11:00 AM	12	Du Pont Firearm Range	Must attend first 4 classes.	\$ 35.00
Self defense for everyone	TR	3:00 PM	20	Du Pont wrestling room	Workout clothes	\$ -
Skate	MW	11:00 AM	20	Johnson ice rink 1	Warm clothes and gloves. Skates and helmets provided	\$ 10.00
Skate	MW	11:00 AM	20	Johnson ice rink 1	Warm clothes and gloves. Skates and helmets provided	\$ 10.00
Skate	MW	1:00 PM	20	Johnson ice rink 1	Warm clothes and gloves. Skates and helmets provided	\$ 10.00
Skate	MW	1:00 PM	20	Johnson ice rink 1	Warm clothes and gloves. Skates and helmets provided	\$ 10.00
Skate	TR	1:00 PM	20	Johnson ice rink 1	Warm clothes and gloves. Skates and helmets provided	\$ 10.00
Skate	TR	2:00 PM	20	Johnson ice rink 1	Warm clothes and gloves. Skates and helmets provided	\$ 10.00

Skate, Intermediate	MW	11:00 AM	20	Johnson Ice Rink 2	Warm clothes and gloves. Skates and helmets provided	\$ 10.00
Skate, Intermediate	MW	1:00 PM	20	Johnson Ice Rink 2	Warm clothes and gloves. Skates and helmets provided	\$ 10.00
Skate, Intermediate	TR	1:00 PM	20	Johnson Ice Rink 2	Warm clothes and gloves. Skates and helmets provided	\$ 10.00
Skate, Intermediate	TR	2:00 PM	20	Johnson Ice Rink 2	Warm clothes and gloves. Skates and helmets provided	\$ 10.00
Soccer, Indoor	MW	1:00 PM	18	Z MAC court	Court shoes recommended. Workout clothes.	\$ -
Soccer, Indoor	MW	2:00 PM	18	Z MAC court	Court shoes recommended. Workout clothes.	\$ -
Soccer, Indoor	TR	3:00 PM	18	Johnson Infield	Court shoes recommended. Workout clothes.	\$ -
Spikeball	TR	4:00 PM	18	Z MAC	Court shoes recommended. Workout clothes.	\$ 5.00
Squash	MW	11:00 AM	12	Zesiger Squash Courts	Non-marking court shoes: white or gum soled shoes.	\$ 5.00
Squash	MW	11:00 AM	14	Zesiger Teaching Pool	Swim suit needed. Goggles recommended	\$ -
Squash	TR	1:00 PM	12	Zesiger Squash Courts	Non-marking court shoes: white or gum soled shoes.	\$ 5.00
Squash	TR	2:00 PM	12	Z Squash Courts	Non marking shoes. Workout clothes.	\$ 10.00
Swim	MW	1:00 PM	14	Zesiger Teaching Pool	Swim suit needed. Goggles recommended	\$ -
Swim	MW	2:00 PM	14	Zesiger Teaching Pool	Swim suit needed. Goggles recommended	\$ -
Swim	TR	1:00 PM	14	Zesiger Teaching Pool	Swim suit needed. Goggles recommended	\$ -
Swim	TR	2:00PM	14	Zesiger Teaching Pool	Swim suit needed. Goggles recommended	\$ -
Swing	TR	11:00 AM	24	Du Pont T Club Lounge	None	\$ -
Tennis	TR	2:00 PM	16	Johnson infield	Court shoes recommended. Workout clothes.	\$ 5.00
Tennis	TR	1:00 PM	16	Johnson Infield	Court shoes recommended. Workout clothes.	\$ 5.00
Tsegball	MW	4:00 PM	18	Z MAC	Court shoes recommended. Workout clothes.	\$ 5.00
Weight Training	MW	1:00 PM	16	Du Pont Varsity Weight Room	Students must attend first 4 classes and bring handout printed from Stellar to class.	\$ -
Weight Training	TR	11:00 AM	18	DuPont Weight Room	Students must attend first 4 classes and bring handout printed from Stellar to class.	\$ -
Weight Training	TR	2:00 PM	16	Du Pont Weight room	Students must attend first 4 classes and bring handout printed from Stellar to class.	\$ -
Weight Training	MW	2:00 PM	16	Du Pont Varsity Weight Room	Students must attend first 4 classes and bring handout printed from Stellar to class.	\$ -
Weight Training for Women	TR	1:00 PM	16	Du Pont Weight room	handout printed from Stellar to class. This is a course is open to only women.	\$ -