

**WILLIAMS COLLEGE PHYSICAL EDUCATION SCHEDULE**  
 Third Quarter- Monday, February 6 – Friday, March 17, 2016  
 Register Online 1/30 – 2/2

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>8:30 – 9:45</b> Spinning (Swain) Swim for Fitness (Miles) Muscle Fitness (Kelsey)		<b>8:30 – 9:45</b> Spinning (Swain) Swim for Fitness (Miles) Muscle Fitness (Kelsey)	
<b>10:00 – 10:50</b> Spinning (Maloney)	<b>9:55 – 11:10</b> Badminton (Mason) Pilates (M Blake)	<b>10:00 – 10:50</b> Spinning (Maloney)	<b>9:55 – 11:10</b> Badminton (Mason) Pilates (M Blake)	<b>10:00 – 10:50</b> Spinning (Maloney)
<b>10:45 – 12:00</b> Skating- Beg (Gillis)	<b>11:20 – 12:35</b> Figure Skating (D Sanchez) Floor Hockey (Kangas) Squash (Greenberg)	<b>10:45 – 12:00</b> Skating- Beg (Gillis)	<b>11:20 – 12:35</b> Figure Skating (D Sanchez) Floor hockey (Kangas) Squash (Greenberg)	
<b>11:00 – 12:15</b> Ballet- Int/Adv (Parker)	<b>12:00 – 1:00</b> Zumba (Miner)	<b>11:00 – 12:15</b> Ballet- Int/Adv (Parker)	<b>12:00 – 1:00</b> Zumba (Miner)	
<b>*WOC 1:00 – 4:00</b> Alpine Ski	<b>*WOC 1:00 – 4:00</b> Rock Climbing A Telemark Ski A	<b>*WOC 1:00 – 4:00</b> Rock Climbing B Telemark Ski B	<b>*WOC 1:00 – 4:00</b> Snowshoeing	<b>*WOC 1:00 – 4:00</b> Nordic Ski Rock Climbing C
<b>R 1:10 – 2:25</b> Ballet- Beg/Int (Parker) Lifetime Sports (Raymond) Squash (Barrale/Levy)	<b>T 1:10 – 2:25</b> Playground Games (Sullivan) Wt Training (McCormack)	<b>1:10 – 2:25</b> Bowling (Chuks) Wellness (Manning)	<b>R 1:10 – 2:25</b> Ballet- Beg/Int (Parker) Lifetime Sports (Raymond) Squash (Barrale/Levy)	<b>T 1:10 – 2:25</b> Bowling (Chuks) Playground Games (Sullivan) Wt Training (McCormack)
<b>S 2:35 – 3:50</b> Platform Tennis (Herman) Yoga II (Edgerton)	<b>U 2:35 – 3:50</b> Yoga I (Edgerton)		<b>S 2:35 – 3:50</b> Platform Tennis (Herman) Yoga II (Edgerton)	<b>U 2:35 – 3:50</b> Yoga I (Edgerton)
<b>K 7:00 – 9:40</b> RAD Advanced (Warner)				

\*WOC- Williams Outing Club. Classes require a \$10 annual WOC membership

**Independent Fitness/Weight Training** (A Barrale) Participants will work out own their own three times a week and submit verification weekly. Must have completed 3 PE credits to be eligible. An initial email will be sent to all registrants on the first day of the quarter.

**Ballet (Beginner/ Intermediate)**- This course is for students who have reached a beginning/intermediate level of ballet and are serious about continued progression in their technique and artistry. Classes will follow the traditional ballet class format of barre work proceeding into center work; vocabulary, ability and stamina will be built in a safe but challenging atmosphere. Students will learn to work safely and correctly with their individual abilities. . E-mail permission of instructor required. *\*Please note that the class for those without previous ballet training is taught in the Fall Semester.* (FULL SEMESTER)

**Ballet (Intermediate/Advanced)**- This course follows the traditional ballet class format of barre work proceeding into center work. Barre exercises will warm up the muscles in a logical fashion, reinforce proper alignment, coordination and musicality. Center work will include adage, pirouettes, travelling steps and turns, small and large jumps. (FULL SEMESTER) Requirements: a minimum of 3 years of training in ballet; please contact instructor via e-mail for permission to take class.

**Boot Camp**- A high-intensity circuit-training style workout including cardio, strengthening and plyometrics.

**Figure Skating**- (Lansing Chapman Rink) Always wanted to try ice skating but never had the chance? Now's the perfect opportunity! Come learn the fundamentals of skating or higher level moves (jumps, spins, turns) from instructors with multiple years of experience. No experience necessary! If students don't own skates, they can be borrowed from the PE department. Contact ds6 with any questions.

**Lifetime Sports** (Lasell Gym)- Students will be exposed to a variety of activities that you can enjoy and participate in for the rest of your life. The purpose of Lifetime Sports is not do develop in-depth knowledge, but a basic understanding of each activity.

**Muscle Fitness**- a group exercise class focusing on use of cardiovascular equipment and pin loaded weight machines in the fitness center. Students will work with instructor to develop a fitness plan that best suits their current fitness level and future goals.

**Platform Tennis**- (or paddle) Ever want to learn that game that used the court behind Mission? Join this new PE class!

**Pilates Core**- A system of controlled exercises that condition the total body, this mat-based workout is designed to establish core strength and stability and develop leaner, longer-looking muscles.

**Playground Games** (Lasell Gym) Remember when you were a kid and couldn't wait for recess? Have that same feeling when it comes to PE. This class is designed to appeal to your inner child- whiffle ball, four square, kickball and more.

**RAD (advanced)**- rape aggression defense. The next level of a physical defense class that focuses on education and awareness. The course includes lecture discussion and self defense techniques. **WOMEN ONLY**

**Skating**- for both figure and ice skating there are skates at the rink provided to students who do not on a pair (free of charge). Beginner skating- no experience necessary.

**Spinning**- high intensity bike training class. Students are guided through workout phases including warm-up, steady up-tempo cadences, sprints, climbs, and cool-down. Participants should have a solid base of cardiovascular training, i.e. consistently able to complete 30-60 minute cardio workout at least twice a week.

**Squash**- Students will learn rules of the game, racquet skills and mechanics and developing appropriate movement skills for the sport. Int/Adv class will involve more tournament style play.

**Swim for Fitness**- This class is designed to use lap swimming as a cardiovascular workout. Feedback is provided to improve strokes, but this is not a learn-to-swim class. Different workouts are provided each session, and participants will swim anywhere from 1 mile to more than 1½ miles per class

**Weight Training**- offers instruction and practice in proper techniques of the development of muscular strength, endurance.

**Wellness**- Designed to help students adopt and maintain the behaviors associated with an active and healthy lifestyle. Students will learn through lectures, discussions and physical activity labs.

**Yoga I**- An open-level class in which we will learn the core yoga asanas (poses), work towards dynamic flow sequences, and explore some pranayama and meditation. Renew your energy, bring strength and flexibility to your body, and let go of stress as you explore the benefits of yoga.

**Yoga II**- A dynamic class featuring a flowing style of yoga which harmonizes movement and breath. With options for intermediate and more advanced students to explore their edge and an emphasis on safe alignment, skillful action, and connection to the breath, we will explore the asanas and pranayama with creativity and mindfulness.

**Zumba**- Zumba involves dance and aerobic elements. Zumba's choreography incorporates hip-hop, samba, salsa, merengue, mambo, and some Bollywood and belly dance moves.