

**SPRING 2020 - PRW WELLNESS CLASSES - MWF (1/18 -5/6)**

<b>Mtg Start</b>	<b>Days</b>	<b>Class Nbr</b>	<b>Subject</b>	<b>Catalog</b>	<b>Section</b>	<b>Course Title</b>	<b>Instructor</b>	<b>Building/Room</b>
8:00 AM	M	4940	PRW	2112	L01	PRW2: Walking	Fennig	Indoor Track
9:00 AM	M	4920	PRW	1101	L01	PRW1: Concepts of Wellness	Gaines	Classroom 3
9:00 AM	M	4943	PRW	2125	L01	PRW2: Group Fitness	Hart	BasketBall Ct.1
10:00 AM	M	4922	PRW	1101	L03	PRW1: Concepts of Wellness	Fennig	Classroom 3
10:00 AM	M	4938	PRW	2102	L01	PRW2: Jogging	Gaines,	Indoor Track
11:00 AM	M	4923	PRW	1101	L04	PRW1: Concepts of Wellness	Gober	Classroom 4
11:00 AM	M	4924	PRW	1101	L05	PRW1: Concepts of Wellness	Fennig	Classroom 3
11:00 AM	M	4941	PRW	2105	L01	PRW2: Weight Training	Gaines	Wt. Fitness Area
12:00 PM	M	4925	PRW	1101	L06	PRW1: Concepts of Wellness	Gober	Classroom 4
1:00 PM	M	4972	PRW	2112	L02	PRW2: Walking	Fennig	Indoor Track
2:00 PM	M	4936	PRW	2130	L01	PRW2: Power Yoga	Gober	Studio 1
8:00 AM	W	5900	PRW	2112	L05	PRW2: Walking	Fennig	Indoor Track
9:00 AM	W	4921	PRW	1101	L02	PRW1: Concepts of Wellness	Smith	Classroom 1
9:00 AM	W	4939	PRW	2102	L02	PRW2: Jogging	Gaines	Indoor Track
9:00 AM	W	4932	PRW	2110	L01	PRW2: Individual Fitness	Fennig	Wt. Fitness Area
9:00 AM	W	4935	PRW	2120	L02	PRW2: Spinning	Hainline	Studio 1
9:00 AM	W	4950	PRW	2140	L01	PRW2: Intermediate Swimming	Warren	Indoor Pool
10:00 AM	W	4933	PRW	2110	L02	PRW2: Individual Fitness	Chelstowski	Wt. Fitness Area
10:00 AM	W	5901	PRW	2112	L06	PRW2: Walking	Gober	Indoor Track
10:00 AM	W	4962	PRW	2120	L03	PRW2: Spinning	Rola	Studio 1
11:00 AM	W	4927	PRW	1101	L08	PRW1: Concepts of Wellness	Fennig	Classroom 3
11:00 AM	W	5891	PRW	2102	L03	PRW2: Jogging	Gaines	Indoor Track
11:00 AM	W	4961	PRW	2110	L03	PRW2: Individual Fitness	Smith	Wt. Fitness Area
11:00 AM	W	4944	PRW	2125	L02	PRW2: Group Fitness	Chelstowski	BasketBall Ct.1
11:00 AM	W	4960	PRW	2133	L01	PRW2: Racquetball I	Warren	Racquetball Ct. 1
12:00 PM	W	4926	PRW	1101	L07	PRW1: Concepts of Wellness	Gober	Classroom 4
12:00 PM	W	5894	PRW	2105	L04	PRW2: Weight Training	Gaines	Wt. Fitness Area
1:00 PM	W	4928	PRW	1101	L09	PRW1: Concepts of Wellness	Rola	Classroom 2
1:00 PM	W	5897	PRW	2110	L04	PRW2: Individual Fitness	Smith	Wt. Fitness Area
1:00 PM	W	4968	PRW	2122	L02	PRW2: Rock Climbing	Chelstowski	Climbing Wall

1:00 PM	W	4964	PRW	2133	L02	PRW2: Racquetball I	Warren	Racquetball Ct. 2
2:00 PM	W	4929	PRW	1101	L10	PRW1: Concepts of Wellness	Rola	Classroom 2
2:00 PM	W	4974	PRW	2140	L02	PRW2: Intermediate Swimming	Smith	Indoor Pool
10:00 AM	F	5898	PRW	2110	L05	PRW2: Individual Fitness	Chelstowski	Wt. Fitness Area
10:00 AM	F	4937	PRW	2130	L03	PRW2: Power Yoga	Baker	Studio 1
11:00 AM	F	4973	PRW	2125	L03	PRW2: Group Fitness	Chelstowski	BasketBall Ct.1
11:00 AM	F	4954	PRW	2130	L04	PRW2: Power Yoga	Baker	Studio 1
1:00 PM	F	4957	PRW	2151	L01	PRW2: Self-Defense	Chelstowski	TBA
	ARR	4951	PRW	2190	401	PRW2: Physical Fit.: Optional	Smith	Online
	ARR	4969	PRW	2190	402	PRW2: Physical Fit.: Optional	Gaines	Online