Instructional Programs
Class Schedule-Summer 1, 2019

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAY</th>
<th>TIME</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>DANCE</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bolly Fusion</td>
<td>Monday and Wednesday</td>
<td>5:00pm-6:00pm</td>
<td>$60.00</td>
</tr>
<tr>
<td>Dance: Movement and Expression</td>
<td>Tuesday and Thursday</td>
<td>5:30pm-6:30pm</td>
<td>$60.00</td>
</tr>
<tr>
<td>BODY, MIND, SPIRIT</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vinyasa Yoga (Rebecca)</td>
<td>Tuesday and Thursday</td>
<td>12:00pm-1:00pm</td>
<td>$60.00</td>
</tr>
<tr>
<td>Ashtanga Yoga (Xiaoying)</td>
<td>Monday and Wednesday</td>
<td>12:00pm-1:00pm</td>
<td>$60.00</td>
</tr>
<tr>
<td>MARTIAL ARTS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Muay Thai Beg. (Sqb)</td>
<td>Wednesday and Friday</td>
<td>3:30pm-4:45pm</td>
<td>$60.00</td>
</tr>
<tr>
<td>Muay Thai Int/Adv. (Marino)</td>
<td>Tuesday and Thursday</td>
<td>8:45pm-10:15pm</td>
<td>$60.00</td>
</tr>
</tbody>
</table>

SCHEDULE
Registration Begins: Monday, May 6, 2019
Registration Ends: Monday, May 12, 2019
Classes Begin: Wednesday, May 15, 2019
Classes End: Week of June 10, 2019
Make-up week: Monday, June 17- Friday, June 21, 2019
No classes: Monday, May 27, Memorial Day

Register On-Line: [https://northeastern.edu/campusrec](https://northeastern.edu/campusrec)

BENEFITS:
- Certified instruction in small class settings.
- Five week sessions at a nominal cost.
- Personal attention to progress in an encouraging learning environment.
- Lifelong learning for everyday application.
- A great way to balance stress and challenge yourself while having fun.
Register On-Line:  https://northeastern.edu/campusrec

- Registration and payment must be done online at https://northeastern.edu/campusrec

- All classes will be held in the Badger & Rosen SquashBuster Center, with the exception of Beginning Muay Thai, Intermediate/Advanced Muay Thai, and Tae Kwon Do which will meet in the Marino Center. Swimming which will meet at the Cabot Center and off-site locations.

- In the event that the University and/or the Badger and Rosen SquashBuster Center, Marino Center, or the Cabot Center is closed, Instructional classes will not meet and will be rescheduled pending availability of facilities.

- Squash class requires white or gum soled, non-marking sneakers; racquets and protective eyewear will be provided.

- All full-time students 35 and older as well as all faculty, staff, alumni, part-time students and all others who have purchased a Campus Recreation membership are required to fill out the physician approval form (pdf) and return or fax to the Campus Recreation Office (140MC).

- Classes subject to change based on facility and instructor availability.

- Classes are subject to minimum enrollment numbers in order to be held.

- If class is cancelled due to low enrollment, participants may transfer to another open course or apply for a refund within 30 days of when classes commenced.

- In the event that the class is full, you will be placed on a waiting list and contacted by email on a first come, first serve basis.

- If participant chooses not to attend class, no refund will be granted.

- Please note: Only NU students with current valid NUID and those who have paid the yearly Recreation Fee are allowed to sign-up for Instructional classes.

For more information please contact:
Colleen Fritze, EdD
Assistant Director of Facility Operations and Instructional Programming
103B SquashBuster Facility
Boston, MA 02115
Phone: (617) 373-7398
E-mail c.fritze@northeastern.edu or visit https://northeastern.edu/campusrec