

Claremont McKenna College
Schedule of Courses
SP 2021

Course #	Section	Title	Meetings	Instructors	Comments
PE 085 PO	01	Adapted Physical Education	----- TBA - TBA PO - ONLI- ASYN	Townsend, Valerie G.	P/NC grading only. By PERM only.
DANC124 PPO	01	Advanced Ballet Technique	--T-R-- 4:45PM - 6:15PM PO - ONLI- WEB	Koenig, Victoria	P/NC grading only.
DANC120 PPO	01	Advanced Modern	-M-W--- 4:45PM - 6:15PM PO - ONLI- WEB	Loman, Derion	P/NC grading only.
DANC122 PPO	01	Advanced Modern	-M-W--- 4:45PM - 6:15PM PO - ONLI- WEB	Loman, Derion	P/NC grading only.
DANC151 PPO	01	African Aesthetics	-M-W--- 4:45PM - 6:15PM PO - ONLI- WEB	Gadlin, Kimberly A.	P/NC grading only.
PE 086 PO	01	Baseball Analytics	----- TBA - TBA PO - ONLI- ASYN	Pericolosi, Frank	
PE 100 JP	01	Baseball Team	----- TBA - TBA CM - ONLI-	Walkenbach, William J	CMS only
PE 042 JP	01	Basketball Skills & Conditioning	----- TBA - TBA CM - ONLI-	Scalmanini, Ken	
PE 042A JP	01	Basketball-Dynamic Ball Handling	-M-W--- 10:00AM - 10:55AM CM - ONLI-	Murchison, Chanel Monet	
DANC012 PPO	01	Beginning Ballet I	--T-R-- 12:45PM - 2:00PM PO - ONLI- WEB	Koenig, Victoria	P/NC grading only.
PE 020B PO	01	Body&Strength Interval Training	-M-W--- 11:00AM - 12:15PM PO - ONLI- SYNC	De Lira, Emmanuelle M.	P/NC grading only.
PE 004 JP	01	Breakdancing/Hip Hop	----- TBA - TBA CM - ONLI-	Sevilla, Don	Fee: \$50
PE 007D JP	01	CATZ/Circuit Training	----- TBA - TBA CM - ONLI-	Clark, Jennifer	
PE 001D PO	01	Cardio Kickboxing	-M-W--- 8:40AM - 9:30AM PO - ONLI- SYNC	Frescas, Stephanie L.	P/NC grading only.
PE 019 PO	01	Circuit Strength Training	-M-W--- 7:20AM - 8:10AM PO - ONLI- SYNC	Morgan, Michael	P/NC grading only.
PE 087A JP	01	Circuit Training - Low Impact	----- TBA - TBA CM - ONLI-	Stewart, Glenn A.	
PE 008 PO	01	Conditioning - Advanced	----- TBA - TBA PO - ONLI- ASYN	Carroll, Brian T. Surina, Michael	P/NC grading only.
PE 008 PO	02	Conditioning - Advanced	----- TBA - TBA PO - ONLI- ASYN	McCuskey, Baleigh E	P/NC grading only.
PE 006 PO	01	Core Training	-M-W--- 11:00AM - 11:50AM PO - ONLI- SYNC	Walsh, John M.	P/NC grading only.
PE 006 PO	02	Core Training	----- TBA - TBA PO - ONLI- ASYN	Eisenberg, Brian	P/NC grading only.

Claremont McKenna College
Schedule of Courses
SP 2021

Course #	Section	Title	Meetings	Instructors	Comments
				Queener, Sarah K.	
PE 005A JP	01	Couch to 5K	----- TBA - TBA CM - ONLI-	Lonzo, Gregory Scalmanini, Ken	
PE 032 PO	01	Dance - Hip Hop	----- TBA - TBA PO - ONLI- ASYN	Sevilla, Don	P/NC grading only. Fee: \$30.
PE 033B PO	01	Dance - Intl Latin Intermediate	----- TBA - TBA -M----- 4:15PM - 5:30PM PO - ONLI- ASYN PO - ONLI- SYNC	Machin, Denise Marie	Course has prerequisites. P/NC grading only. Fee: \$30.
PE 035B PO	01	Dance - Night Club	----- TBA - TBA ----F- 12:45PM - 1:45PM PO - ONLI- ASYN PO - ONLI- SYNC	Machin, Denise Marie	P/NC grading only. Fee: \$30.
PE 035A PO	01	Dance - Smooth	----- TBA - TBA -M----- 6:00PM - 7:00PM PO - ONLI- ASYN PO - ONLI- SYNC	Machin, Denise Marie	P/NC grading only. Fee: \$30.
PE 038A PO	01	Dance-Intl Ballroom Dance Beg	----- TBA - TBA -M----- 7:00PM - 8:00PM PO - ONLI- ASYN PO - ONLI- SYNC	Machin, Denise Marie	P/NC grading only. Fee: \$30.
PE 004B JP	01	Dance/Hip Hop	----- TBA - TBA CM - ONLI-	Sevilla, Don	Fee: \$50
PE 115 JP	01	Diving Team-Men/Women	----- TBA - TBA CM - ONLI-	Griffiths, Charles	CMS only
PE 057D JP	01	Dynamic Stretching	----- TBA - TBA CM - ONLI-	Stewart, Glenn A.	
PE 005 JP	01	Fitness Walking	----- TBA - TBA CM - ONLI-	Griffiths, Charles Vlasich, Kurt	
PE 057B JP	01	Flexibility and Stretching	----- TBA - TBA CM - ONLI-	Vlasich, Kurt	
PE 088E JP	01	Football Rules & Decision Making	----- TBA - TBA CM - ONLI-	Sweeney, Kyle B.	
PE 088D JP	01	Football Strategy	----- TBA - TBA CM - ONLI-	Sweeney, Kyle B.	
PE 080 JP	01	Free Weights	----- TBA - TBA CM - ONLI-	Lonzo, Gregory Schwarz, David	
PE 125 JP	01	Golf Team-Men	----- TBA - TBA CM - ONLI-	Fedorka, Mitchell	CMS only

Claremont McKenna College
Schedule of Courses
SP 2021

Course #	Section	Title	Meetings	Instructors	Comments
				Alexander	
PE 127 JP	01	Golf Team-Women	----- TBA - TBA CM - ONLI-	Burton, Jodie R.	CMS only
PE 009 JP	01	Half Marathon Training	----- TBA - TBA CM - ONLI-	Zurbuch, Chris	Fee: \$25
PE 008D JP	01	Hi Intns Int Trng (HIIT) Cardio	-M-W--- 11:00AM - 11:55AM CM - ONLI-	Murchison, Chanel Monet	
PE 008B JP	01	High Intens Interval Trng (HIIT)	--T-R-- 10:00AM - 10:55AM CM - ONLI-	Oaks, Gina	
PE 008B JP	02	High Intens Interval Trng (HIIT)	--T-R-- 11:00AM - 11:55AM CM - ONLI-	Oaks, Gina	
PE 005D JP	01	Hiking	----- TBA - TBA CM - ONLI-	Fedorka, Mitchell Alexander	
DANC152 PPO	01	Hip-Hop Dance	-M-W--- 12:45PM - 2:00PM PO - ONLI- WEB	Pizarro, Elm	P/NC grading only.
PE 005E JP	01	How to Improve Your Running	----- TBA - TBA CM - ONLI-	Muncan, Marina	
PE 014A JP	01	Indoor Cycling & HIIT	----- TBA - TBA CM - ONLI-	LeGrant, Bernadette	Fee: \$170 for 20 rides Must attend 80% to pass. Visit www.onyourgrind.com for schedule & info.
DANC051 PPO	01	Intermediate Ballet Technique	--T-R-- 3:00PM - 4:30PM PO - ONLI- WEB	Koenig, Victoria	P/NC grading only.
DANC050 PPO	01	Intermediate Modern Dance	-M-W--- 3:00PM - 4:30PM PO - ONLI- WEB	Cano, Zaylin E	P/NC grading only.
PE 073 JP	01	Intro to Meditation	--T---- 7:30PM - 8:45PM CM - ONLI-	Dorrance, Ana Maria	Fee: \$100
PE 003 PO	01	Introduction to Fitness	-M-W--- 2:30PM - 3:45PM PO - ONLI- SYNC	Meyette, Corinn	P/NC grading only.
PE 003 PO	02	Introduction to Fitness	----- TBA - TBA PO - ONLI- ASYN	Woo, Alaina Sharon	P/NC grading only.
PE 057C JP	01	Introduction to Fitness	-M-W--- 10:00AM - 10:55AM CM - ONLI-	Muncan, Marina	
PE 005C JP	01	Jog-Walk-Run	----- TBA - TBA CM - ONLI-	Fedorka, Mitchell Alexander	
PE 010 JP	01	Jogging	----- TBA - TBA CM - ONLI-	Burton, Jodie R.	

Claremont McKenna College
Schedule of Courses
SP 2021

Course #	Section	Title	Meetings	Instructors	Comments
PE 009 PO	01	Jogging/Running	-M-W--- 8:40AM - 9:30AM PO - ONLI- SYNC	Flores, Kyle D.	P/NC grading only.
PE 009 PO	02	Jogging/Running	----- TBA - TBA PO - ONLI- ASYN	De Lira, Emmanuelle M.	P/NC grading only.
PE 025 JP	01	Karate-Shotokan	----- TBA - TBA CM - ONLI-	Aponte, Ty R.	Fee: \$75
PE 057A JP	01	Keeping Fit	----- TBA - TBA CM - ONLI-	Walkenbach, William J	
PE 130 JP	01	Lacrosse Team-Women	----- TBA - TBA CM - ONLI-	Uhr, Lauren	CMS only
PE 073D JP	01	Mindfulness-Based Emotnl Intlgnc	--T---- 5:45PM - 7:15PM CM - ONLI-	Dorrance, Ana Maria	Fee: \$100
DANC181 PPO	01	One Piece	----- TBA - TBA PO - ONLI- ASYN	Pennington, John W.	P/NC grading only. By PERM only.
PE 002 PO	01	Pilates Method	--T-R-- 2:30PM - 3:45PM PO - ONLI- SYNC	Gamans, Marisa C.	P/NC grading only. Equipment needed: theraband, foam roller, small ball.
PE 029 PO	01	Pilates-Yoga Blend	-M-W--- 2:30PM - 3:45PM PO - ONLI- SYNC	Gamans, Marisa C.	P/NC grading only. Equipment needed: yoga strap, two yoga blocks, foam roller.
PE 230 JP	01	Rugby Club-Men	----- TBA - TBA CM - ONLI-	Ognall, Jeremy	
PE 232 JP	01	Rugby Club-Women	----- TBA - TBA CM - ONLI-	Wollen, Evan H.	
PE 011A JP	01	Run-Walk-Jog	----- TBA - TBA CM - ONLI-	Fahey, Ryan William_Thomas	
PE 011 JP	01	Running	----- TBA - TBA CM - ONLI-	Murchison, Chanel Monet Walkenbach, William J	
PE 039A JP	01	SCUBA-Advanced Open Water	----- TBA - TBA CM - ONLI-	Berry, Rusty	Fee:\$295 + pers snrkl eqp (\$355) Addtn'l costs may apply For info: 888-997-2822 or scubaschoolsofamerica.com/instru

Claremont McKenna College
Schedule of Courses
SP 2021

Course #	Section	Title	Meetings	Instructors	Comments
					ction/claremont-college-classes
PE 039 JP	01	SCUBA-Beg/Int	----- TBA - TBA CM - ONLI-	Berry, Rusty	Fee:\$195 + pers snrkl eqp (\$355) Additional costs may apply For info: 888-997-2822 or scubaschoolsofamerica.com/instru ction/claremont-college-classes
PE 039D JP	01	SCUBA-Freediving & Spearfishing	----- TBA - TBA CM - ONLI-	Berry, Rusty	Fee:\$350 + pers snrkl eqp (\$355) Addtn'l costs may apply For info: 888-997-2822 or scubaschoolsofamerica.com/instru ction/claremont-college-classes
PE 026 PO	01	Shotokan Karate	-M-W--- 7:30PM - 8:45PM PO - ONLI- SYNC	Aponte, Ty R.	P/NC grading only. Fee: \$50.
PE 056D JP	01	Soccer Skills and Strength	----- TBA - TBA CM - ONLI-	Fahey, Ryan William_Thomas	
PE 137 JP	01	Softball Team-Women	----- TBA - TBA CM - ONLI-	Oaks, Gina	CMS only
DANC166 PPO	01	Somatic Movement Techniques	--T-R-- 3:00PM - 4:30PM PO - ONLI- WEB	Cano, Zaylin E	P/NC grading only.
PE 014 JP	01	Spinning-Stationary Bike	----- TBA - TBA CM - ONLI-	Uhr, Lauren	
PE 014 JP	02	Spinning-Stationary Bike	----- TBA - TBA CM - ONLI-	Uhr, Lauren	
PE 015 JP	01	Swim Conditioning	----- TBA - TBA CM - ONLI-	Griffiths, Charles	
PE 015 PO	01	Swim Fitness	----- TBA - TBA PO - ONLI- ASYN	Gowdy, Jean-Paul R.	P/NC grading only.
PE 145 JP	01	Swimming Team-Men/Women	----- TBA - TBA CM - ONLI-	Griffiths, Charles	CMS only
PE 077A PO	01	Tennis - Beginning	----- TBA - TBA PO - ONLI- ASYN -M----- 11:00AM - 12:15PM PO - ONLI- SYNC	Bickham, Steve	P/NC grading only.
PE 150 JP	01	Tennis Team-Men	----- TBA - TBA CM - ONLI-	Settles, Paul	CMS only

Claremont McKenna College
Schedule of Courses
SP 2021

Course #	Section	Title	Meetings	Instructors	Comments
PE 152 JP	01	Tennis Team-Women	----- TBA - TBA CM - ONLI-	Schwarz, David	CMS only
PE 155 JP	01	Track & Field-Men/Women	----- TBA - TBA CM - ONLI-	Stewart, Glenn A.	CMS only
PE 007 PO	01	Triathlon Training	----- TBA - TBA PO - ONLI- ASYN	Gowdy, Jean-Paul R.	P/NC grading only. Access to bike and occasional water for the swim portion required. All safety equipment required for training.
DANC180 PPO	01	Two pieces	----- TBA - TBA PO - ONLI- ASYN	Pennington, John W.	Letter grade only. By PERM only.
PE 067B JP	01	Walking and Mental Health	----- TBA - TBA CM - ONLI-	Clark, Jennifer	
PE 009A PO	01	Walking: Get your steps in	-M-W--- 10:00AM - 10:50AM PO - ONLI- SYNC	Swartz, William R.	P/NC grading only.
PE 009A PO	02	Walking: Get your steps in	--T-R-- 9:15AM - 10:30AM PO - ONLI- SYNC	Katsiaficas, Charles C.	P/NC grading only.
PE 166 JP	01	Water Polo Team-Women	----- TBA - TBA CM - ONLI-	Lonzo, Gregory	CMS only
PE 018 PO	01	Weight Training & Cardio	--T-R-- 9:15AM - 10:30AM PO - ONLI- SYNC	Lokar, Shawn	P/NC grading only.
PE 082 JP	01	Weights-Fitness Room	----- TBA - TBA CM - ONLI-	Burton, Jodie R. Schwarz, David	
PE 084 JP	01	Weights-Free Weights	----- TBA - TBA CM - ONLI-	Scalmanini, Ken	
PE 022A PO	01	Yoga - I	-M-W--- 10:00AM - 10:50AM PO - ONLI- SYNC	Brennan, Tracy	P/NC grading only.
PE 022A PO	02	Yoga - I	--T-R-- 7:30AM - 8:45AM PO - ONLI- SYNC	Brennan, Tracy	P/NC grading only.
PE 022A PO	03	Yoga - I	----F- 10:00AM - 12:00PM PO - ONLI- SYNC	Brennan, Tracy	P/NC grading only.
PE 022B PO	01	Yoga - II	--T-R-- 9:15AM - 10:30AM PO - ONLI- SYNC	Gamans, Marisa C.	P/NC grading only. One year of yoga experience required. Equipment needed: yoga strap,

Claremont McKenna College
Schedule of Courses
SP 2021

Course #	Section	Title	Meetings	Instructors	Comments
					two yoga blocks.
PE 023 PO	01	Yoga - Kundalini	--T---- 7:00PM - 9:00PM PO - ONLI- SYNC	May, Karen M.	P/NC grading only. Fee: \$45.
PE 075K JP	01	Yoga-Basics & Philosophy	-----S 1:00PM - 3:00PM CM - ONLI-	Brennan, Tracy	Fee: \$200 For info contact claremontyoga1@gmail.com
PE 075L JP	01	Yoga-Foundations & Alignment	-----S 3:00PM - 5:00PM CM - ONLI-	Brennan, Tracy	Fee: \$200 For info contact claremontyoga1@gmail.com
PE 075L JP	02	Yoga-Foundations & Alignment	U----- 1:00PM - 3:00PM CM - ONLI-	Brennan, Tracy	Fee: \$200 For info contact claremontyoga1@gmail.com
PE 076A JP	01	Yoga-Hatha	---W--- 4:00PM - 5:00PM CM - ONLI-	Brennan, Tracy	Fee: \$100
PE 076A JP	02	Yoga-Hatha	-M-W-F- 12:00PM - 1:00PM CM - ONLI-	Brennan, Tracy	Fee: \$100
PE 075N JP	01	Yoga-Restorative & Meditation	U----- 5:00PM - 7:00PM CM - ONLI-	Brennan, Tracy	Fee: \$200 For info contact claremontyoga1@gmail.com
PE 075H JP	01	Yoga-Unlimited Yoga	----- TBA - TBA CM - ONLI-	Brennan, Tracy	Fee: \$300 for unlimited access Must attend 2hr/week for credit For info contact claremontyoga1@gmail.com
PE 075 JP	01	Yoga-Vinyasa Flow	--T-R-- 5:45PM - 7:00PM CM - ONLI-	Brennan, Tracy	Fee: \$100 For info contact claremontyoga1@gmail.com
PE 075 JP	02	Yoga-Vinyasa Flow	-M---F- 4:00PM - 5:00PM CM - ONLI-	Brennan, Tracy	Fee: \$100 For info contact

Claremont McKenna College
Schedule of Courses
SP 2021

Course #	Section	Title	Meetings	Instructors	Comments
					claremontyoga1@gmail.com
PE 075 JP	03	Yoga-Vinyasa Flow	----F- 1:00PM - 2:00PM CM - ONLI-	Brennan, Tracy	Fee: \$100 For info contact claremontyoga1@gmail.com
PE 075 JP	04	Yoga-Vinyasa Flow	-M-W--- 7:15PM - 8:15PM CM - ONLI-	Brennan, Tracy	Fee: \$100 For info contact claremontyoga1@gmail.com
PE 075M JP	01	Yoga-Vinyasa Flow & Alignment	U----- 3:00PM - 5:00PM CM - ONLI-	Brennan, Tracy	Fee: \$200 For info contact claremontyoga1@gmail.com