



SPRING 2016

INSTRUCTIONAL ACTIVITIES IN SPORT AND RECREATION (ISR)



January 11th 2016- April 29th 2016
ISR classes help fulfill elective credit requirements for graduation.

<u>Team & Individual Sports</u>	<u>Time</u>	<u>Days</u>	<u>Course Code</u>	<u>Bldg Room</u>
Archery I*	2:00 pm - 3:20 pm	M	ISR 110 02	South POD FLD
	3:30 pm - 4:50 pm	M	ISR 110 01	South POD FLD
Archery II*	11:00 pm – 12:20 pm	TH	ISR 210 01	South POD FLD
Basketball I	1:00 pm - 1:50 pm	MWF	ISR 113 01	HSC ARENA
Basketball II	12:30 pm - 1:50 pm	T TH	ISR 213 01	HSC ARENA
Bowling*	3:00pm – 5:00 pm	F	ISR 115 01/215 01	Off Campus
Golf I*	1:00pm - 2:20 pm	W	ISR 130 01	South POD FLD
Golf II*	2:20pm – 3:50 pm	W	ISR 230 01	South POD FLD
Indoor Soccer	11:00 am - 12:20 pm	T TH	ISR 159 01/ISR 259 01	HSC ARENA
Outdoor Soccer	1:00 pm - 2:20 pm	T TH	ISR 123 01/ISR 223 01	Athletic Fields
Tennis I & II	8:30 am - 9:50 am	MW	ISR 165 02/ISR 265 02	HSC TC
Tennis I & II	6:00 pm - 7:20 pm	T TH	ISR 165 03/ISR 265 03	HSC TC
Table Tennis I & II	4:30 pm – 6:30 pm	M	ISR 162 01/ISR 262 01	HSC Lobby
Volleyball I & II	1:00 pm – 2:20 pm	T TH	ISR 175 01/ISR 275 01	HSC ARENA
<u>Water Sports/Diving</u>	<u>Time</u>	<u>Days</u>	<u>Course Code</u>	<u>Bldg Room</u>
Advanced Scuba Activities	4:30 pm - 6:00 pm	MW	ISR 255 01	HSC 1
<u>Martial Arts/Self-Defense</u>	<u>Time</u>	<u>Days</u>	<u>Course Code</u>	<u>Bldg Room</u>
Basic Self Defense* <i>(3/16-3/18) women only</i>	4:00 pm – 9:00 pm	W TH F	ISR 109 01/ISR 209 01	TBD

* = 1 credit hour. All others classes are 2 credits.

For more information contact Lorean Mapp, Wellness & ISR Coordinator.
Phone: 305-899-4064 Fax: 305-899-4809 E-mail: lmapp@mail.barry.edu



<u>Fitness Courses</u>	<u>Time</u>	<u>Days</u>	<u>Course Code</u>	<u>Bldg Room</u>
Aerobic Exercise I&II	12:00 pm - 12:50 pm	MWF	ISR 101 01/ISR 201 01	MILLER STD
	5:00 pm - 5:50 pm	MWF	ISR 101 02/ISR 201 02	MILLER STD
Body Sculpting	1:00 pm - 2:20 pm	T TH	ISR 119 01/ISR 219 01	MILLER STD
Boot Camp	2:00 pm - 2:50 pm	MWF	ISR 103 01/ISR 203 01	FITNESS CTR
Cardio Kickboxing	9:30 pm - 10:50 pm	T TH	ISR 105 01/ISR 205 01	MILLER STD
Mind & Body Meditation*	8:00 pm - 9:20 pm	T	ISR 127 01/ISR 227 01	MILLER STD
	8:00 pm - 9:20 pm	TH	ISR 127 02/ISR 227 02	MILLER STD
	8:00 pm - 9:20 pm	T TH	ISR 127 03/ISR 227 03	MILLER STD
Pilates	1:00 pm - 1:50 pm	MWF	ISR 151 01/ISR 251 01	MILLER STD
Spinning	9:30 am - 10:50 am	TH	ISR 121 01/ISR 221 01	MILLER STD
	11:00 am - 11:50 am	MWF	ISR 121 02/ISR 221 02	MILLER STD
Strength Training I&II	10:00 am - 10:50 am	MWF	ISR 170 01/ISR 270 01	HSC SCR
	11:00 am - 11:50 am	MWF	ISR 170 02/ISR 270 02	HSC SCR
	11:00 am - 12:20 pm	T TH	ISR 170 03/ISR 270 03	HSC SCR
	12:00 pm -12:50 pm	MWF	ISR 170 04/ISR 270 04	HSC SCR
	1:00 pm - 1:50 pm	MWF	ISR 170 05/ISR 270 05	HSC SCR
Walk, Jog, Run*	5:00 pm - 6:20 pm	T	ISR 145 01/ISR 245 01	HSC LBY
Yoga I&II				
(Express) *	12:20 pm - 1:00 pm	T TH	ISR 189 01/ISR 289 01	MILLER STD
(Regular)	2:30 pm - 3:50 pm	T TH	ISR 189 02/ISR 289 02	MILLER STD
(Power)	4:00 pm - 5:20 pm	T TH	ISR 189 03/ISR 289 03	MILLER STD
(Gentle)	5:30 pm - 6:50 pm	T TH	ISR 189 04/ISR 289 04	MILLER STD
Wellness Passport	TBD		ISR199WP	MILLER STD

*The following classes will be offered from January 11th 2016 – March 4th 2016 for **1 CREDIT***

Boot Camp	2:00 pm - 2:50 pm	MWF	ISR 103 02/ISR 203 02	FITNESS CTR
Tennis I & II	8:30 am – 9:50 am	MW	ISR 165 05/ISR 265 05	HSC TC
Tennis I & II	6:00 pm - 7:20 pm	T TH	ISR 165 04/ISR 265 04	HSC TC

*The following classes will be offered from March 7th 2016 – April 29th 2016 for **1 CREDIT***

Aerobic Exercise I & II	12:00 pm - 12:50 pm	MWF	ISR 101 04/ISR 201 04	MILLER STD
	5:00 pm - 5:50 pm	MWF	ISR 101 05/ISR 201 05	MILLER STD
Body Sculpting	1:00 pm - 2:20 pm	T TH	ISR 119 02/ISR 219 02	MILLER STD
Cardio Kickboxing	9:30 pm - 10:50 pm	T TH	ISR 105 03/ISR 205 03	MILLER STD
Pilates	1:00 pm - 1:50 pm	MWF	ISR 151 02/ISR 251 02	MILLER STD
Yoga (Power)	4:00 pm - 5:20 pm	T TH	ISR 189 05/ISR 289 05	MILLER STD
(Gentle)	5:30 pm - 6:50 pm	T TH	ISR 189 06/ISR 289 06	MILLER STD
Wellness Passport	TBD		ISR 199 WP2	MILLER STD

Location Key

MILLER STD: Miller Studio at Thompson hall; HSC SCR: Health Sport Center Strength & Conditioning Room; HSC LBY: Health Sport Center Lobby; HSC TC: Health Sport Center Tennis Courts; MHR: Media Hospitality Room; HSC 1: Health Sport Center Room # 1; ^^: 1st day of class meets in assigned location; all other classes meet off campus.

Revised 11/4/15

