



SPRING 2012 INSTRUCTIONAL ACTIVITIES IN SPORT AND RECREATION (ISR)



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 (Beginners) *	3:30 pm-4:50 pm	M	ISR 110 01	South POD FLD
	1:00 pm – 2:20 pm	M	ISR 110 02	South POD FLD
Archery II (Inter/Adv) *	11:00 am - 12:20 pm	F	ISR 210 01	South POD FLD
Basketball I (Beginners)	1:00 pm-1:50 pm	MWF	ISR 113 01	HSC ARENA
II (Inter/Adv)	12:30 pm-1:50 pm	T TH	ISR 213 01	HSC ARENA
Bowling I&II ^^^	3:00 pm-5:20 pm	F	ISR 115 01/ISR 215 01	Lucky Strike SOBE
Golf *^^^	5:30 pm-6:50 pm	M	ISR 130 01/ISR 230 01	MSCC
	5:30 pm- 6:50pm	T	ISR 130 02/ISR 230 02	MSCC
Indoor Soccer	11:00 am-12:20 pm	T TH	ISR 159 01	HSC ARENA
	9:30 am- 10:50 am	T TH	ISR 159 02	HSC ARENA
Outdoor Soccer	11:00 am- 12:20pm	T TH	ISR 199 OS2	Athletic Fields
	1:00 pm- 2:20 pm	T TH	ISR 199 OS	Athletic Fields
Swimming	4:30 pm- 5:50 pm	MW	ISR 160 01	POOL
Tennis I&II	9:30 am-10:50 am	T TH	ISR 165 01/ISR 265 01	HSC TC
Tennis I&II	6:00 pm-7:20 pm	M W	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
Tennis I & II*	7:30 pm-8:50 pm	T	ISR 165 04/ISR 265 04	HSC TC
Tennis I & II*	10:00 am-12:20 pm	S	ISR 165 05/ISR 265 05	HSC TC
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>
Adv. Scuba Activities	5:00 pm-6:00 pm	W	ISR 255 01	HSC 1
Adv. Scuba Activities Lab	7:00 am-1:00 pm	S	ISR 255L L1	POOL
Sailing	9:00 am- 4:30 pm	S SU	ISR 150	OC C
(4/21-4/22)				
<u>Martial Arts/Self-Defense</u>	<u>Time</u>	<u>Days</u>	<u>Course Code</u>	<u>Bldg Room</u>
Kung Fu I & II	7:00 pm-8:20 pm	W F	ISR 117/217 01	MILLER STD
Tai Chi I&II*	9:30 am-10:50 am	S	ISR 164 02/ISR 264 02	MILLER STD
RAD Self Def for women*	4:00 pm-4:50 pm	MWF	ISR 199 RD1	MILLER STD
(1/16-2/25)				
RAD Self Def for men*	4:00 pm-4:50 pm	MWF	ISR 199 RD2	MILLER STD
(3/12-4/21)				

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

For more information contact Lorean Mapp, Wellness & ISR Coordinator.

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<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
	11:00 am-1:20 pm	S	ISR 101 03/ISR 201 03	MILLER STD
<i>The following Aerobic Exercise courses will be taught from 3/5 - 4/28 for 1 credit</i>				
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
	11:00 am-1:20 pm	S	ISR 101 06/ISR 201 06	MILLER STD
Boot Camp	2:00 pm-2:50 pm	MWF	ISR 103 01/ISR 203 01	FITNESS CTR
Body Sculpting	1:00 pm- 2:20pm	T TH	ISR 199 BS	
Cardio Kickboxing	9:30 pm-10:50 pm	T TH	ISR 105 01/ISR 205 01	MILLER STD
	8:30 pm-9:50 pm*	W	ISR 105 02/ISR 205 0	MILLER STD
Cycling (2/11-4/21)	9:00am – 12:00pm	S	ISR 199 CY	HSC LBY
Mind & Body Meditation	7:00 pm-9:20 pm	T	ISR 127 01/227 01	MILLER STD
	7:00 pm-9:20 pm	TH	ISR 127 02/227 02	MILLER STD
Pilates	1:00 pm-1:50 pm	MWF	ISR 151 01/251 01	MILLER STD
	1:30 pm-2:50 pm*	S	ISR 151 02/251 02	MILLER STD
Spinning	9:30am-10:50am	T TH	ISR 121 01/221 01	MILLER STD
	11:00am-11:50 am	MWF	ISR 12102/221 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
	12:00 pm-12:50 pm	MWF	ISR 170 03/ISR 270 03	HSC SCR
	1:00 pm- 1:50 pm	MWF	ISR 170 04/ISR 270 04	HSC SCR
	2:00 pm-2:50 pm	MWF	ISR 170 05/ ISR 270 05	HSC SCR
	11:00am-12:20pm	T TH	ISR 170 07/ISR 270 07	HSC SCR
	1:00 pm-2:20 pm	T TH	ISR 170 08/ISR 270 08	HSC SCR
Triathlon Training	3:00 pm-4:20 pm	MW	ISR 199 TT	HSC 2B
Walk, Jog, Run*	4:00 pm- 5:20 pm	T	ISR 145 01/245 01	HSC LBY
Water Aerobics* (Starts 3/6 – 4/26)	12:00 pm-12:50 pm	T TH	ISR 199 WA	POOL
Yoga I&II (Express) *	12:20 pm-1:00 pm	T TH	ISR 189 01/ISR 289 01	MILLER STD
	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
Zumba!	6:00 pm – 6:50 pm	MWF	ISR 199 ZU	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; HSC 1: Health Sport Center Room # 1; ^^: 1st day of class meets in assigned location; all other classes meet off campus.

Revised 12/19/11

