

Spring 2019
HPL Physical Activity Courses
Department of Human Performance and Sport

Course	CRN	Sec	Title	Credit	Days			Start Time	End Time	Location	Dates	Instructor
HPL 100C	32389	1	Total Fitness	2	M	W		1230	0145PM	PE 111G	01/22-05/18	Watanabe, A
HPL 100C	30876	2	Total Fitness	2		T	R	930	1045AM	PE 111G	01/22-05/18	TBD
HPL 100D	33428	1	Ultimate Conditioning	2		T	R	930	1045AM	PE 104E	01/22-05/18	TBD
HPL 100G	33244	1	Pilates	2	M	W		930	1045AM	PE 111G	01/22-05/18	TBD
HPL 100G	31074	2	Pilates	2		T	R	800	0915AM	PE 111G	01/22-05/18	Sandlin, B
HPL 100I	33416	1	Hip Hop I	2		T	R	200	0315PM	PE 111G	01/22-05/18	Mora, J
HPL 100K	31229	1	Belly Dancing	2			F	930	1220PM	PE 215	01/22-05/18	Ridley, L
HPL 100T	38507	1	Weight Training for Women	2		T	R	1100	1215PM	PE 111B	01/22-05/18	TBD
HPL 100U	38508	1	Yoga for Anxiety Management	2		T	R	500	0615PM	PE 215	01/22-05/18	Lambrozo, S
HPL 100P	33602	1	Tae Kwon Do III	2	M	W		800	0915AM	PE 103	01/22-05/18	Pottle, W
HPL 100P	34795	2	Tae Kwon Do III	2	M	W		930	1045AM	PE 103	01/22-05/18	Pottle, W
HPL 100Q	34796	1	Tae Kwon Do IV	2	M	W		930	1045AM	PE 103	01/22-05/18	Pottle, W
HPL 1130	30648	1	Ballet Level I	2		T	R	930	1045AM	PE 215	01/22-05/18	Predki, N
HPL 1160	31718	1	Jazz Level I	2	M	W		1100	1215PM	PE 215	01/22-05/18	Merrill, L
HPL 1180	30930	1	Modern Dance I	2	M	W		930	1045AM	PE 215	01/22-05/18	Rynders, T
HPL 1180	34924	2	Modern Dance I	2		T	R	1230	0145PM	PE 215	01/22-05/18	Mora, J
HPL 1210	34928	1	Improvisation and Choreography	2		T	R	1230	0145PM	PE 111G	01/22-05/18	Predki, N
HPL 1330	38303	OTR	Golf I	2			F	900	1120AM	OC TBA	02/25-05/18	TBD
HPL 1340	38304	OTR	Golf II	2			F	900	1120AM	OC TBA	02/25-05/18	TBD
HPL 1400	30161	1	Fencing	2	M	W		1230	0145PM	PE 103	01/22-05/18	Heyman, E
HPL 1660	30162	1	Tae Kwon Do I	2	M	W		800	0915AM	PE 103	01/22-05/18	Pottle, W
HPL 1660	30377	2	Tae Kwon Do I	2	M	W		930	1045AM	PE 103	01/22-05/18	Pottle, W
HPL 1670	32769	1	Tae Kwon Do III	2	M	W		800	0915AM	PE 103	01/22-05/18	Pottle, W
HPL 1750	30532	1	Weight Training I	2	M	W		930	1045AM	PE 111B	01/22-05/18	Sleight, D
HPL 1750	30533	2	Weight Training I	2	M	W		1100	1215PM	PE 111B	01/22-05/18	Sleight, D
HPL 1750	31166	3	Weight Training I	2	M	W		1230	0145PM	PE 111B	01/22-05/18	Borengasser, J
HPL 1750	32977	4	Weight Training I	2	M	W		200	0315PM	PE 111B	01/22-05/18	Borengasser, J
HPL 1750	37942	5	Weight Training I	2	M	W		330	0445PM	PE 111B	01/22-05/18	Borengasser, J
HPL 1750	34808	6	Weight Training I	2		T	R	800	0915AM	PE 111B	01/22-05/18	TBD
HPL 1760	30534	1	Weight Training II	2	M	W		1230	0145PM	PE 111B	01/22-05/18	Borengasser, J
HPL 1760	34805	2	Weight Training II	2	M	W		200	0315PM	PE 111B	01/22-05/18	Borengasser, J
HPL 1760	38257	3	Weight Training II	2	M	W		330	0445PM	PE 111B	01/22-05/18	Borengasser, J
HPL 1820	31526	1	Stretch and Strength	2		T	R	1100	1215PM	PE 111G	01/22-05/18	TBD
HPL 1840	31164	1	Hatha Yoga I	2	M	W		200	0315PM	PE 215	01/22-05/18	Stohlberg, C
HPL 1840	34810	2	Hatha Yoga I	2	M	W		330	0445PM	PE 215	01/22-05/18	Stohlberg, C
HPL 1840	36488	3	Hatha Yoga I	2	M	W		500	0615PM	PE 215	01/22-05/18	Stohlberg, C
HPL 1840	31719	4	Hatha Yoga I	2		T	R	200	0315PM	PE 215	01/22-05/18	Lambrozo, S
HPL 1850	31926	1	Hatha Yoga II	2		T	R	330	0445PM	PE 215	01/22-05/18	Lambrozo, S
HPL 1870	33605	1	Stress Management	2	M	W		1230	0145PM	PE 212	01/22-05/18	Sleight, D
HPL 1880	32042	1	Tai Chi Level I	2	M	W		1100	1215PM	PE 103	01/22-05/18	Leber, B
HPL 1890	34029	2	Tai Chi Level II	2	M	W		1100	1215PM	PE 103	01/22-05/18	Leber, B
HPL 2201	37946	1	Hip Hop II	2		T	R	200	0315PM	PE 111G	01/22-05/18	Mora, J
HPL 2230	34922	1	Ballet II	2		T	R	930	1045AM	PE 215	01/22-05/18	Predki, N
HPL 2260	34917	1	Jazz II	2	M	W		1100	1215PM	PE 215	01/22-05/18	Merrill, L
HPL 2280	34929	1	Modern Dance II	2	M	W		930	1045AM	PE 215	01/22-05/18	Rynders, T
HPL 2280	34926	2	Modern Dance II	2		T	R	1230	0145PM	PE 215	01/22-05/18	Mora, J
HPL 3330	38295	OTR	Ballet III	2	M			600	0730PM	TBA	01/22-05/18	Predki, N
						T		430	0600PM	TBA		
HPL 3360	38297	OTR	Jazz III	2			R	600	0730PM	TBA	01/22-05/18	Predki, N
							S	1130	0100PM	TBA		
HPL 3380	38292	OTR	Modern Dance III	2	M			430	0600PM	TBA	01/22-05/18	Predki, N
						T		600	0730PM	TBA		
HPL 4430	38296	OTR	Ballet IV	2	M			600	0730PM	TBA	01/22-05/18	Predki, N
						T		430	0600PM	TBA		
HPL 4460	38298	OTR	Jazz IV	2			R	600	0730PM	TBA	01/22-05/18	Predki, N
							S	1130	0100PM	TBA		
HPL 4480	38293	OTR	Modern Dance IV	2	M			430	0600PM	TBA	01/22-05/18	Predki, N
						T		600	0730PM	TBA		

Spring Registration Dates:

Monday, October 29th Seniors

Wednesday, October 31st: Juniors

Friday, November 2nd : Sophomores

Monday, November 5th: Freshman

**Please check your Student Hub for exact registration dates and times*