

Aerobic Fitness I - PE186

Section: PE186 011251S Main Campus

Credit Hours: 1.00

Course Description: A variety of cardiovascular exercises, dance routines, and calisthenic workouts that target muscle groups with the intent to tone and strengthen.

WHEN Start Date: 08/22/2025 End Date: 12/08/2025

Days:

MF

7:00 AM - 8:30 AM

Campus: Main Campus

Building: Sports Arena

Room: SA128

INSTRUCTOR

SAMANTHA BELL

BOOKS

No textbooks for this course.