Aerobic Fitness I - PE186

Section: PE186 011251S Main Campus

Section Type: Lecture **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.