## Aerobic Fitness I - PE186

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**Section:** PE186 011261S 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: 08/21/2026 End Date: 12/07/2026
**Days:**
MF
Arranged

Campus: Main Campus
Building: Sports Arena
Room: SA128

**INSTRUCTOR**
SAMANTHA BELL
**BOOKS**
No textbooks for this course.