

## Aerobic Fitness II - PE187

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**Section:** PE187 011232S Main Campus

**Section Type:** Lecture

**Credit Hours:** 1.00

**Course Description:** Building upon PE186 Aerobic Fitness I to embrace aerobic fitness as a lifestyle. A variety of cardiovascular exercises, dance routines, and calisthenic workouts that target muscle groups with the intent to tone and strengthen.

**WHEN**

Days: M F

Times: 07:00 AM - 08:30 AM

Start Date: 01/08/2024

End Date: 04/29/2024

**WHERE**

Campus: Main Campus

Building: Sports Arena

Room: SA118

**INSTRUCTOR**

SAMANTHA BELL

**BOOKS**

No textbooks for this course.