

Aerobic Fitness II - PE187

Section: PE187 011251S Main Campus

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 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.