

Aerobic Fitness II - PE187

Section: PE187 011252S 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 Start Date: 01/12/2026 End Date: 05/04/2026

Days:

MF

7:00 AM - 8:30 AM

Campus: Main Campus

Building: Sports Arena

Room: SA118

INSTRUCTOR

SAMANTHA BELL

BOOKS

No textbooks for this course.