

## Aerobic Fitness II - PE187

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**Section:** PE187 011252S 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: 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.