Aerobic Fitness II - PE187

Section: PE187 011261S 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: 08/21/2026 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.