

## **Aerobic Fitness III - PE188**

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**Section:** PE188 011251S Main Campus

**Credit Hours:** 1.00

**Course Description:** Continuation of PE187 Aerobic Fitness II. Further study in aerobic fitness with an emphasis on development of aerobic exercise combinations through dance routines and cardiovascular workouts.

**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.