

## Aerobic Fitness III - PE188

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**Section:** PE188 011252S 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: 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.