



PHYSICAL ACTIVITY

2024 Spring Schedule

Hatha Yoga

PED 101 001 (1.0 credit hour) Tuesdays and Thursdays, 11-11:50 a.m., Begins Jan. 23.

Boot Camp Fitness

PED 105 001 (1.0 credit hour) Mondays and Wednesdays, 1-1:55 p.m., Begins Feb. 5.

Total Fitness

PED 106 (1.0 credit hour)

Refer to class schedule for multiple dates and times.

Aquacize

PED 113 001 (1.0 credit hour) Mondays and Wednesdays, 5-5:50 p.m., Begins Jan. 22.

Walking for Fitness

PED 117 001 (1.0 credit hour) Tuesdays and Thursdays, 1-1:55 p.m., Begins Feb. 6.

Vinyasa Yoga

PED 121 001 (1.0 credit hours) Tuesdays and Thursdays, 9:30-10:45 a.m., Begins March 26.

Boxing for Fitness

PED 125 001 (1.0 credit hour) Mondays and Wednesdays, Noon-12:55 p.m., Begins Feb. 5.

Basketball

PED 130 001 (1.0 credit hour) Mondays and Wednesdays, 1-1:55 p.m., Begins Feb. 5.

Theory and Practice of Weight Training

PED 168 001 (3.0 credit hours) Tuesdays and Thursdays, 12:30-2:20 p.m., Begins Jan. 23.

For more information, call (708) 456-0300, Ext. 3130.



There's a place for you.



Triton College
triton.edu