



# GET FIT THIS SUMMER

## 2025 Summer Schedule

### Health, Sport & Exercise Science Classes

#### First Aid and CPR (1.0 credit hour)

HTH 281 001 • Mondays and Wednesdays, 9-10:25 a.m., begins June 9.

#### Online Courses (No class visits required.)

HTH 104 070 • Science of Personal Health, begins June 9.

HTH 120 770 • Nutrition Science, begins June 9.

HTH 120 771 • Nutrition Science, begins May 27.

HTH 175 270 • Drug and Alcohol, begins June 30.

### Physical Activity Classes (1 credit hour)

#### Hatha Yoga

PED 101 001 • Tuesdays and Thursdays, 10:30 a.m.-12:15 p.m., begins June 10.

#### Total Fitness

Credit or Noncredit Continuing Education

PED 106 001 or PED C37 101 • Mondays and Wednesdays, 7-8:50 a.m., begins June 9.

PED 106 002 or PED C37 102 • Mondays and Wednesdays, 10-11:50 a.m., begins June 9.

PED 106 003 or PED C37 103 • Tuesdays and Thursdays, 8-9:50 a.m., begins June 10.

PED 106 004 or PED C37 104 • Mondays and Wednesdays, 5-6:50 p.m., begins June 9.

#### Aquacize

PED 113 001 • Mondays and Wednesdays, 5-6:50 p.m., begins June 9.

#### Walking for Fitness

PED 117 001 • Mondays and Wednesdays, 10-11:50 a.m., begins June 9.

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



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a place  
for you.



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