



PHYSICAL ACTIVITY

2026 Spring Schedule

Hatha Yoga

PED 101 001 (1.0 credit hour)

Tuesdays and Thursdays, 11-11:50 a.m.,
Begins Jan. 20.

Total Fitness

PED 106 (1.0 credit hour)

Refer to class schedule for multiple dates and
times. Begins Jan. 21.

Aquacize

PED 113 001 (1.0 credit hour)

Mondays and Wednesdays, 5-5:50 p.m.,
Begins Jan. 21.

Walking for Fitness

PED 117 001 (1.0 credit hour)

Tuesdays and Thursdays, 1-1:55 p.m.,
Begins Feb. 2.

Vinyasa Yoga

PED 121 001 (1.0 credit hour)

Tuesdays and Thursdays, 9:30-10:45 a.m.,
Begins March 24.

Boxing for Fitness

PED 125 001 (1.0 credit hour)

Mondays and Wednesdays, Noon-12:55 p.m.,
Begins Feb. 2.

PED 125 002 (1.0 credit hour)

Tuesdays and Thursdays, 11-11:55 a.m.,
Begins Feb. 3.

Basketball

PED 130 001 (1.0 credit hour)

Mondays and Wednesdays, 1-1:55 p.m.,
Begins Feb. 2.

Theory and Practice of Weight Training

PED 168 001 (3.0 credit hours)

Tuesdays and Thursdays, 12:30-2:35 p.m.,
Begins Feb. 2.

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



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a place
for you.



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