



Total Fitness Fall 2021

A fitness class emphasizing the safe, effective and efficient use of strength and cardio exercise equipment to improve cardiorespiratory fitness, body composition, physiological strength and flexibility. May be repeated for a maximum of four accrued credits.

- Students registered for PED 106 will have access to the Fitness Center during their class time as well as during regular Fitness Center operating hours. Also, students registered for PED 106 will have access to the pool during their registered class time.
- All students wanting to receive college credit must register for PED 106. Students not wanting credit can register for PED C37.
- Student athletes will be allowed entrance to the Fitness Center during their designated time with coaches. If they want to use the Fitness Center at times other than athletic times, they will need to register for a class and also earn credit.

Credit

PED 106 001 MW • Aug. 23-Dec. 15, 2021 • 7-7:50 a.m.
PED 106 002 MW • Aug. 23-Dec. 15, 2021 • 9-9:50 a.m.
PED 106 003 MW • Aug. 23-Dec. 15, 2021 • 11-11:50 a.m.
PED 106 004 TH • Aug. 24-Dec. 16, 2021 • 8-8:50 a.m.
PED 106 005 TH • Aug. 24-Dec. 16, 2021 • 9:30-10:40 a.m.
PED 106 006 TH • Aug. 24-Dec. 16, 2021 • 12:30-1:40 p.m.
PED 106 007 TH • Aug. 24-Dec. 16, 2021 • 5-5:50 p.m.
PED 106 008 MW • Sept. 8-Dec. 13, 2021 • 1-2:10 p.m.

Non-credit Continuing Education

PED C37 201 MW • Aug. 23-Dec. 15, 2021 • 7-7:50 a.m.
PED C37 202 MW • Aug. 23-Dec. 15, 2021 • 9-9:50 a.m.
PED C37 203 MW • Aug. 23-Dec. 15, 2021 • 11-11:50 a.m.
PED C37 204 TH • Aug. 24-Dec. 16, 2021 • 8-8:50 a.m.
PED C37 205 TH • Aug. 24-Dec. 16, 2021 • 9:30-10:40 a.m.
PED C37 206 TH • Aug. 24-Dec. 16, 2021 • 12:30-1:40 p.m.
PED C37 207 TH • Aug. 24-Dec. 16, 2021 • 5-5:50 p.m.
PED C37 208 MW • Sept. 8-Dec. 13, 2021 • 1-2:10 p.m.

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

No matter who you are or what you aspire to be ...

There's
a place
for you.



Triton College
triton.edu

2000 Fifth Ave.
River Grove, IL 60171
(708) 456-0300



Total Fitness

Fall 2021

PED 106 • 1 Credit Hour

PED C37 • Non-credit/Continuing Education

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