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### **Triton College Offering Total Fitness Class this Fall**

RIVER GROVE, Ill. - Ready to get fit while staying safe and having fun? Triton College will be offering Total Fitness for credit (PED 106) or noncredit (PED C37) continuing education. The class will be held in Triton's Fitness Center in the R Building. Refer to the class schedule for multiple dates and times. Tuition is affordable and the class is worth one credit hour.

Total Fitness teaches students the safe and effective way to use strength and cardio exercise equipment. The goal of the class is to improve body composition, physiological strength and flexibility. The course can be repeated for a maximum of four accrued credits.

Those registered for PED 106 will have access to the Fitness Center during class time as well as during regular operating hours. The pool is also available during class for those registered.

Student-athletes are allowed entrance to the Fitness Center during their designated time with coaches. If athletes want to use the Fitness Center for their personal needs, they must register for a class and also earn credit.

For more information, please email [juliannemurphy@triton.edu](mailto:juliannemurphy@triton.edu) or call (708) 456-0300, Ext. 3138.

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#### **ABOUT TRITON COLLEGE**

Triton College is a two-year college dedicated to helping members of the 25 Western Cook County communities in our district and beyond to achieve educational, professional and personal success. Located in River Grove, IL, Triton offers more than 110 degree and certificate programs on its 110-acre campus, featuring a comfortable, friendly and diverse atmosphere. Triton holds classes at several satellite locations as well and offers online learning

opportunities. Triton's dedicated faculty and staff work to provide high quality, convenient and affordable educational opportunities to more than 12,000 students each year. Triton College is accredited by the Higher Learning Commission. Learn more at [www.triton.edu](http://www.triton.edu).