



FOR EVERY  
STUDENT  
FOR EVERY  
COMMUNITY

There's  
a place  
for you.



**Triton College**

For immediate release: **Dec. 8, 2022**

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

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. Tuition is affordable and the class is worth one college 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.

- PED 106 001 or PED C37 302 – Monday, Wednesday, 7-7:50 a.m., Jan. 18, 2023
- PED 106 002 or PED C37 306 – Monday, Wednesday, 8-8:50 a.m., Jan. 18, 2023
- PED 106 004 or PED C37 308 – Tuesday, Thursday, 8-8:50 a.m., Jan. 17, 2023
- PED 106 005 or PED C37 309 – Tuesday, Thursday, 9-9:55 a.m., Jan. 17, 2023
- PED 106 006 or PED C37 310 – Tuesday, Thursday, 12:30-1:20 p.m., Jan. 31, 2023
- PED 106 009 or PED C37 316 – Monday, Wednesday, 1-1:55 p.m., Jan. 30, 2023
- PED 106 010 or PED C37 317 – Monday, Wednesday, 5-5:55 p.m., Jan. 30, 2023

To register, visit [triton.edu/spring](https://triton.edu/spring).

For more information, please email [juliannemurphy@triton.edu](mailto:juliannemurphy@triton.edu) or call (708) 456-0300, Ext. 3130.

###

**Media Contact**

Maryann Pisano

Staff Writer

[maryannpisano@triton.edu](mailto:maryannpisano@triton.edu)

(708) 456-0300, Ext. 3202

**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, Ill., Triton offers more than 120 degree and certificate programs on its 110-acre campus, featuring a comfortable, friendly and diverse atmosphere. Triton also holds classes at satellite locations and offers online learning opportunities. Triton's dedicated faculty and staff work to provide high quality, convenient and affordable educational opportunities to more than 14,000 students each year. Triton College is accredited by the Higher Learning Commission. Learn more at [www.triton.edu](http://www.triton.edu).