

# Physical Education



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The Physical Education Department offers selected activity courses based on student needs and interests. These courses are offered throughout the day and week to satisfy a broad range of fitness interests. You can de-stress with Yoga, spin, or work on your core and flexibility with Pilates.

The High Intensity Training class (H.I.T.) is a great option for students focused on a solid conditioning program. For a complete training system designed to work with your own body weight in a variety of multi-planned compound exercise movements try our TRX/Cycling class.

We have a Beginning Strength training option for those that just need to get started on a program and learn how to use the equipment. And finally, in response to our popular fitness trends, we have added WERQ, a cardio dance fitness class, while we continue to offer our popular Barre class. Physical Education classes and participation in intercollegiate athletics carry one-half semester hour of elective credit. One semester hour of credit may be applied to graduation.

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## **The following courses are available each semester:**

PE 050	Barre
PE 050	Beginning Strength Training
PE 050	High Intensity Training (H.I.T.)
PE 050	Spin
PE 050	Pilates
PE 050	TRX
PE 050	WERQ
PE 050	Yoga