



PHYSICAL ACTIVITY

2022 Spring Schedule

Hatha Yoga

PED 101 001 (1.0 credit hour)

Mondays and Wednesdays, 11-11:50 a.m., Begins Jan. 19.

PED 101 002 (1.0 credit hour)

Tuesdays and Thursdays, 11-11:50 a.m., Begins Jan. 18.

Total Fitness

PED 106 (1.0 credit hour)

Refer to class schedule for multiple dates and times.

Aquacize

PED 113 001 (1.0 credit hour)

Mondays and Wednesdays, 5-5:50 p.m., Begins Jan. 19.

Walking for Fitness

PED 117 001 (1.0 credit hour)

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

Theory and Practice of Weight Training

PED 168 001 (2.0 credit hours)

Tuesdays and Thursdays, 12:35-1:45 p.m., Begins Jan. 18.

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

Triton College is an Equal Opportunity/Affirmative Action institution.