



Total Fitness Spring 2022

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, as a group during their designated time with their coach present, 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 or Non-credit Continuing Education

PED 106 001 or PED C37 302 MW • Jan. 19-May 16, 2022 • 7-7:50 a.m.
PED 106 002 or PED C37 306 MW • Jan. 19-May 16, 2022 • 8-8:50 a.m.
PED 106 003 or PED C37 307 MW • Jan. 31-May 16, 2022 • 11-11:55 a.m.
PED 106 004 or PED C37 308 TH • Jan. 18-May 12, 2022 • 8-8:50 a.m.
PED 106 005 or PED C37 309 TH • Feb. 1-May 16, 2022 • 9-9:55 a.m.
PED 106 006 or PED C37 310 TH • Feb. 1-May 16, 2022 • 12:30-1:25 p.m.
PED 106 007 or PED C37 314 TH • Jan. 18-May 12, 2022 • 6-6:50 p.m.
PED 106 009 or PED C37 316 MW • Jan. 31-May 16, 2022 • 1-1:55 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

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