



PHYSICAL ACTIVITY

2024 Fall Schedule

Hatha Yoga

PED 101 001 (1.0 credit hour)
Tuesdays and Thursdays, 11-11:50 a.m.,
Begins Aug. 20.

Boot Camp Fitness

PED 105 001 (1.0 credit hour)
Mondays and Wednesdays, 1-2:05 p.m.,
Begins Sept. 2.

Total Fitness

PED 106 (1.0 credit hour)
Refer to class schedule for multiple dates and
times. Begins Aug. 19.

Aquacize

PED 113 001 (1.0 credit hour)
Mondays and Wednesdays, 5-5:50 p.m.,
Begins Aug. 19.

Walking for Fitness

PED 117 001 (1.0 credit hour)
Tuesdays and Thursdays, 1-1:55 p.m.,
Begins Sept. 3.

Vinyasa Yoga

PED 121 001 (1.0 credit hour)
Tuesdays and Thursdays, 9:30-10:45 a.m.,
Begins Oct. 15.

Boxing for Fitness

PED 125 001 (1.0 credit hour)
Mondays and Wednesdays, Noon-12:55 p.m.,
Begins Sept. 2.

Basketball

PED 130 001 (1.0 credit hour)
Mondays and Wednesdays, 11-11:55 p.m.,
Begins Sept. 2.

Theory and Practice of Weight Training

PED 168 001 (3.0 credit hours)
Tuesdays and Thursdays, 12:30-2:20 p.m.,
Begins Sept. 3.

**For more information, call
(708) 456-0300, Ext. 3130.**



Triton College
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