



# PHYSICAL ACTIVITY

## 2025 Spring Schedule

### Hatha Yoga

PED 101 001 (1.0 credit hour)  
Tuesdays and Thursdays, 11-11:50 a.m.,  
Begins Jan. 21.

### Total Fitness

PED 106 (1.0 credit hour)  
Refer to class schedule for multiple dates and  
times. Begins Jan. 21.

### Aquacize

PED 113 001 (1.0 credit hour)  
Mondays and Wednesdays, 5-5:50 p.m.,  
Begins Jan. 22.

### Walking for Fitness

PED 117 001 (1.0 credit hour)  
Tuesdays and Thursdays, 1-1:55 p.m.,  
Begins Feb. 4.

### Vinyasa Yoga

PED 121 001 (1.0 credit hour)  
Tuesdays and Thursdays, 9:30-10:45 a.m.,  
Begins March 25.

### Boxing for Fitness

PED 125 001 (1.0 credit hour)  
Mondays and Wednesdays, Noon-12:55 p.m.,  
Begins Feb. 3.

### Basketball

PED 130 001 (1.0 credit hour)  
Mondays and Wednesdays, 1-1:55 p.m.,  
Begins Feb. 3.

### Theory and Practice of Weight Training

PED 168 001 (3.0 credit hours)  
Tuesdays and Thursdays, 12:30-2:20 p.m.,  
Begins Jan. 21.

### Athletic Fitness

PED 206 001 (1.0 credit hour)  
Mondays and Wednesdays, 6-6:55 p.m.,  
Begins Feb. 3.

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



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a place  
for you.



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