



# Total Fitness

## Fall 2024

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 open swim.
- All students wanting to receive college credit must register for PED 106. Students not wanting credit can register for PED C37.

### Credit or Noncredit Continuing Education

PED 106 001 or PED C37 201 MW • 7-7:50 a.m. • Aug. 19, 2024

PED 106 002 or PED C37 202 MW • 8-8:50 a.m. • Aug. 19, 2024

PED 106 003 or PED C37 203 TH • 8-8:50 a.m. • Aug. 20, 2024

PED 106 004 or PED C37 204 TH • 9-9:50 a.m. • Aug. 20, 2024

PED 106 005 or PED C37 205 TH • 12:30-1:20 p.m. • Sept. 3, 2024

PED 106 006 or PED C37 206 MW • 5-5:55 p.m. • Sept. 2, 2024

PED 106 007 or PED C37 207 MW • 1-1:59 p.m. • Sept. 2, 2024

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



**Triton College**  
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