

LIFE FITNESS COURSES

OPEN-ENTRY, FLEXIBLE SCHEDULE

CLASSES IN THE LFC

PE 149 Life Fitness (1 unit):

Instruction to develop a complete fitness program including cardio endurance, strength, and flexibility.



PE 166 Strength Training (1 unit):

Instruction in proper training techniques for increasing muscle strength and endurance using free weights and machines.



PE 179 Super Circuit Training (0.5 units):

Focuses on increased cardiovascular and muscle endurance using HIIT concepts.



PE 195 Functional Fitness (0.5 units):

Develops joint stability, balance, core strength and movement efficiency.



Learn proper exercise technique and the why behind exercise.
1 unit classes require 36 hours of exercise time in the LFC.
0.5 nit classes require 18 hours of exercise time in the LFC.

