

FALL 2019 RECREATION ACADEMIC CLASSES: FITN

Class	Section	Description	Days	Time	Dates	Building	Fee
FITN 102D	951	Weight Training I	Monday/Wednesday/Friday	9:30-10:20A	8/26-10/4	Campus Recreation	\$50
FITN 102D	952	Weight Training I	Tuesday/Thursday	9:30-10:45A	8/27-10/3	Campus Recreation	\$50
FITN 102D	953	Weight Training I	Monday/Wednesday/Friday	9:30-10:20A	10/14-11/22	Campus Recreation	\$50
FITN 102D	954	Weight Training I	Tuesday/Thursday	9:30-10:45A	10/15-11/21	Campus Recreation	\$50
FITN 102P	951	Conditioning I	Monday/Wednesday	4:00-5:00P	9/9-10/16	Off-Campus	\$75
FITN 102P	952	Conditioning I	Monday/Wednesday	5:00-6:00P	9/9-10/16	Off-Campus	\$75
FITN 106E	952	Indoor Cycling	Tuesday/Thursday	8-9:15A	10/15-11/21	Campus Recreation	\$75
FITN 112D	951	Weight Training II	Monday/Wednesday/Friday	9:30-10:20A	10/14-11/22	Campus Recreation	\$50
FITN 122D	951	Weight Training III: Olympic Lifting	Tuesday/Thursday	9:30-10:45A	10/15-11/21	Campus Recreation	\$50
FITN 103N	953	Group Fitness	Monday/Wednesday	8-9:15A	10/14-11/22	Campus Recreation	\$75
FITN 113N	951	Group Ex. Instr	Monday/Wednesday	1:30-2:45P	9/4-11/6	Campus Recreation	\$95
FITN 140	951	Beginning Yoga	Monday/Wednesday	9:30-10:45A	8/26-10/2	Campus Recreation	\$75
FITN 140	952	Beginning Yoga	Monday/Wednesday	1:30-2:45P	8/26-10/2	Campus Recreation	\$75
FITN 140	953	Beginning Yoga	Tuesday/Thursday	2:00 - 3:15P	8/27-10/3	Campus Recreation	\$75
FITN 145	951	Advanced Yoga	Monday/Wednesday	9:30 - 10:45A	10/7-11/13	Campus Recreation	\$75
FITN 145	952	Advanced Yoga	Monday/Wednesday	1:30-2:45P	10/7-11/13	Campus Recreation	\$75
FITN 180	951	Intro to Personal & Group Exercise	Monday/Wednesday/Friday	9:30-10:20A	8/26-10/4	Campus Recreation	\$45
FITN 180	952	Intro to Personal & Group Exercise	Monday/Wednesday/Friday	10:30-11:20A	8/26-10/4	Campus Recreation	\$45
FITN 222	951	Personal Training	Tuesday/Thursday	9:30-10:45A	8/27-10/31	Campus Recreation	\$75
FITN 222	952	Personal Training	Tuesday/Thursday	10:30-11:45A	8/27-10/31	Campus Recreation	\$75