

Fall 2017 PE Classes

Continuing Education

Take a Physical Education class from the CTC PE Department without going through admissions or taking exams. The cost is \$150 for the semester. A limited number of seats in selected classes are eligible. Call CE office for information at (254) 526 -1586.

16 Week Classes

DATE	DAY	CLASS	TIME	OPENINGS
Aug 28-Dec 15	M/W	Basketball I	10:30-11:50 am	5
Aug 28-Dec 15	M/W	Basketball II	10:30-11:50 am	5
Aug 28-Dec 15	M/W	Bowling I	1:30-2:50 pm	5
Aug 28-Dec 15	M/W	Bowling II	1:30-2:50 pm	5
Aug 28-Dec 15	M/W	Spin Bike I	Noon-1:20 pm	5
Aug 28-Dec 15	M/W	Spin Bike II	Noon-1:20 pm	5
Aug 28-Dec 15	M/W	Physical Conditioning I	6-7:20 pm	5
Aug 28-Dec 15	M/W	Physical Conditioning II	6-7:20 pm	5
Aug 28-Dec 15	M/W	Volleyball I	7:30-8:50 pm	5
Aug 28-Dec 15	M/W	Volleyball II	7:30-8:50 pm	5
Aug 28-Dec 15	M/W	Weight Training I	6-7:20 am	5
Aug 28-Dec 15	M/W	Weight Training II	6-7:20 am	5
Aug 28-Dec 15	M/W	Yoga I	7:30-8:50 am	5
Aug 28-Dec 15	M/W	Yoga II	7:30-8:50 am	5
Aug 28-Dec 15	M/W	Tae Kwon Do I	9-10:20 am	5
Aug 28-Dec 15	M/W	Tae Kwon Do II	9-10:20 am	5
Aug 28-Dec 15	M/W	Yoga I	1:30-2:50 pm	5
Aug 28-Dec 15	M/W	Yoga II	1:30-2:50 pm	5
Aug 28-Dec 15	M/W	First Aid	9-10:20 am	5
Aug 28-Dec 15	T/TH	Water Fitness I	6-7:20 pm	5
Aug 28-Dec 15	T/TH	Water Fitness II	6-7:20 pm	5
Aug 28-Dec 15	T/TH	Weight Training I	1:30-2:50 pm	5
Aug 28-Dec 15	T/TH	Weight Training II	1:30-2:50 pm	5
Aug 28-Dec 15	T/TH	KRAV I	9-10:20 am	5
Aug 28-Dec 15	T/TH	KRAV II	9-10:20 am	5
Aug 28-Dec 15	T/TH	Tennis I	9-10:20 am	5
Aug 28-Dec 15	T/TH	Tennis II	9-10:20 am	5
Aug 28-Dec 15	T/TH	Boot Camp I	Noon-1 pm	5
Aug 28-Dec 15	T/TH	Eagle Fitt I	10:30-11:50 am	5

8 Week Classes

DATE	DAY	CLASS	TIME	OPENINGS
Aug 28-Oct 20	M-TH	Swimming I	6-7:20 am	5
Aug 28-Oct 20	M-TH	Swimming II	6-7:20 am	5
Aug 28-Oct 20	M-TH	Jogging I	7:30-8:50 am	5
Aug 28-Oct 20	M-TH	Jogging II	7:30-8:50 am	5
Oct 23-Dec 15	M-TH	Swimming I	6-7:20 am	5
Oct 23-Dec 15	M-TH	Swimming II	6-7:20 am	5
Oct 23-Dec 15	M-TH	Fitness Walking I	7:30-8:50 am	5
Oct 23-Dec 15	M-TH	Fitness Walking II	7:30-8:50 am	5

Friday Classes

DATE	DAY	CLASS	TIME	OPENINGS
Aug 28-Dec 15	FRI	Weight Training I	Noon-2:50 pm	5
Aug 28-Dec 15	FRI	Weight Training II	Noon-2:50 pm	5
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Saturday Classes

DATE	DAY	CLASS	TIME	OPENINGS
Sep 2-Dec 16	SAT	Kickboxing/Aerobics I	9-11:50 am	5
Sep 2-Dec 16	SAT	Kickboxing Aerobics II	9-11:50 am	5
Sep 2-Dec 16	SAT	Yoga I	Noon-2:50 pm	5
Sep 2-Dec 16	SAT	Yoga II	Noon-2:50 pm	5