

Summer 2018 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.

5 Week Classes

DATE	DAY	CLASS	TIME	OPENINGS
Jun 4-Jul 6	M-TH	Fitness Walking I	8-10 am	5
Jun 4-Jul 6	M-TH	Fitness Walking II	8-10 am	5
Jun 4-Jul 6	M-TH	Bootcamp Fitness I	6-8 am	5
Jun 4-Jul 6	M-TH	Bootcamp Fitness II	6-8 am	5
Jul 9-Aug 10	M-TH	Spin Bike I	10:15 am-12:15 pm	5
Jul 9-Aug 10	M-TH	Spin Bike II	10:15 am-12:15 pm	5
Jul 9-Aug 10	M-TH	Swimming I	6-8 am	5
Jul 9-Aug 10	M-TH	Swimming II	6-8 am	5
Jul 9-Aug 10	M-TH	Weight Training I	8-10 am	5
Jul 9-Aug 10	M-TH	Weight Training II	8-10 am	5
Jul 9-Aug 10	M-TH	First Aid	8-10 am	5

10 Week Classes

DATE	DAY	CLASS	TIME	OPENINGS
Jun 4-Aug 10	M/W	Kickboxing/Aerobics I	12:30-2:30 pm	5
Jun 4-Aug 10	M/W	Kickboxing/Aerobics II	12:30-2:30 pm	5
Jun 4-Aug 10	M/W	Physical Conditioning I	5:45-7:45 pm	5
Jun 4-Aug 10	M/W	Physical Conditioning II	5:45-7:45 pm	5
Jun 4-Aug 10	T/TH	Spin Bike I	6-8 pm	5
Jun 4-Aug 10	T/TH	Spin Bike II	6-8 pm	5
Jun 4-Aug 10	T/TH	Yoga I	12:30-2:30 pm	5
Jun 4-Aug 10	T/TH	Yoga II	12:30-2:30 pm	5