

A NEW YEAR, A NEW YOU

Requires a new workout plan!

Frequent alterations to your fitness routine are key success in fitness.

Spring 2017 offerings in Phys. Ed. include:

HPE 137 Busy Body Boot Camp (1 credit) – Using small dumb bells and body weight exercises, increase functional strength and flexibility to get the most metabolic result in a 45-50 minute routine. M/W 5:30-6:20pm

HPE 129 Circuit Training (1 credit) – Use weight machines and core exercises in rapid, calculated, intervals to blend muscular strength training and cardio exercises within a workout. T/Th 5:10-6:20pm

HPE 143 Zumba (1 credit) – Students work with a certified Zumba instructor to experience superb cardio workouts based on the popular South American dance-aerobic routine that has grown massively within the United States. M/W 6:30-7:20pm

Independent Study courses also available for 1 or 3 credits.

Contact Phil Tafone, Fitness/Wellness Director at:

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