

MENTAL WELLNESS

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| YOGA | | MW 11am-11:50am (1 CREDIT) |
| PHED 125-003 | CRN 16525 | This class concentrates on physical health and mental well-being. The yoga practice uses body postures, breathing and meditation techniques with the goal of bringing about a sound healthy body and a clear, peaceful mind. Increase practice with yoga postures will strengthen and stretch the body, promoting balance and flexibility. |
| YOGA | | MW 1pm-1:50pm (1 CREDIT) |
| PHED 125-004 | CRN 16526 | This class concentrates on physical health and mental well-being. The yoga practice uses body postures, breathing and meditation techniques with the goal of bringing about a sound healthy body and a clear, peaceful mind. Increase practice with yoga postures will strengthen and stretch the body, promoting balance and flexibility. |
| GOLF - ALL LEVELS | | TR 12pm-12:50pm (1 CREDIT) |
| PHED 125-006 | CRN 16528 | Beginner's class - will learn basic rules of the game, as well as various shots and techniques. Advanced techniques will not be covered during the class although students proficient in these techniques can practice during class time. |
| TENNIS/GOLF | | MW 11am-11:50am (1 CREDIT) |
| PHED 125-007 | CRN 16529 | TENNIS: You will learn the fundamentals of playing tennis, rules of the game, basic techniques and skills needed to play a game to tennis. Class will typically begin with individual warm-up, followed by skills practice and game play. All equipment will be provided for those who need them. GOLF: This course will cover the fundamentals of golf. The majority of class time will be spent learning and practicing these fundamentals and basic skills. |
| LEISURE RECREATION ACTIVITIES | | MW 11am-11:50am (1 CREDIT) |
| PHED 125-011 | CRN 16533 | This class will cover a variety of different yard games including cornhole, French darts, spike ball, and many more! |
| ARCHERY | | MW 1pm-1:50pm (1 CREDIT) |
| PHED 125-015 | CRN 16537 | This course is intended to acquaint you with the fundamentals of primitive archery. By the end of the course, you should know the basics of shooting a recurve bow and be able to hit the target or objects at various distances. |
| ARCHERY | | TR 1pm-1:50pm (1 CREDIT) |
| PHED 125-016 | CRN 16538 | This course is intended to acquaint you with the fundamentals of primitive archery. By the end of the course, you should know the basics of shooting a recurve bow and be able to hit the target or objects at various distances. |
| SWIM TIME I | | Meets to fit schedule (1 CREDIT) |
| PHED 125-017 | CRN 16539 | Understand and apply lap swimming etiquette and safety, improve their individual swimming skills and recognize the value of water exercise as a non-weight bearing rehabilitation and fitness option. |

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| PROFICIENT SWIMMING | | Meets to fit schedule (1 CREDIT) |
| PHED 125-018 | CRN 16540 | This class is a 1 credit swimming skills class meeting 2x/week at the Aquatic Center. All strokes and skills are incorporated. Swimming is an essential life skill and could potentially save your life! All skill levels are welcome, whether you're timid, terrified, or terrific! You will learn the skills you need to be water safe and a more proficient swimmer. |
| BALLROOM DANCE | | TR 10am-10:50am (1 CREDIT) |
| PHED 125-019 | CRN 16541 | Students will be given a working knowledge of the fundamentals of partnership dancing. Each student should gain the self-confidence to be able to use their dance knowledge in real life situations or dance as the focal point of interest. |
| CATCH THE RHYTHM-DANCE AEROBIC | | TR 12pm-12:50pm (1 CREDIT) |
| PHED 125-020 | CRN 16542 | Students will be given a working knowledge of the fundamentals of partnership dancing. Each student should gain the self-confidence to be able to use their dance knowledge in real life situations or dance as the focal point of interest. |
| LATIN DANCE | | TR 11am-11:50am (1 CREDIT) |
| PHED 125-021 | CRN 16543 | Students will be given a working knowledge of the fundamentals of partnership dancing. Each student should gain the self-confidence to be able to use their dance knowledge in real life situations or dance as the focal point of interest. |
| SWING DANCE | | TR 1pm-1:50pm (1 CREDIT) |
| PHED 125-022 | CRN 16544 | Students will be given a working knowledge of the fundamentals of partnership dancing. Each student should gain the self-confidence to be able to use their dance knowledge in real life situations or dance as the focal point of interest. |
| CORE CONDITIONING | | MW 2pm-2:50pm (1 CREDIT) |
| PHED 125-28 | CRN 16621 | This is not just an abs class. The core is everything from your shoulders to your hips. You will work your abdominal muscles as well as hip/pelvic, spinal muscles, and much more. Strong core muscles help us to carry on with our daily physical routines without back pain or injuries. Let's build better core strength for life. |
| FAST FITNESS (IN PERSON) | | Meets to fit schedule (2 CREDITS) |
| PHED 150-001 | CRN 16551 | Fast Fitness is a comprehensive physical fitness course designed to develop strength, flexibility and endurance (cardiovascular and muscular) in an efficient manner through the use of the URC Fitness Center at EWU |
| FAST FITNESS (IN PERSON) | | Meets to fit schedule (2 CREDITS) |
| PHED 150-002 | CRN 16552 | Fast Fitness is a comprehensive physical fitness course designed to develop strength, flexibility and endurance (cardiovascular and muscular) in an efficient manner through the use of the URC Fitness Center at EWU |
| STRENGTH/WEIGHT TRAINING | | Meets to fit schedule (2 CREDITS) |
| PHED 152-001 | CRN 16625 | Strength/Weight Training is a comprehensive physical fitness course designed to develop strength, flexibility and endurance (cardiovascular and muscular) in an efficient manner through the use of the URC Fitness Center at EWU |