

MENTAL WELLNESS

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.

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