

MENTAL WELLNESS

YOGA		MW 11am-11:50am (1 CREDIT)
PHED 125-003	CRN 15247	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 15248	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		TR 12pm-12:50pm (1 CREDIT)
PHED 125-018	CRN 15262	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 1pm-1:50pm (1 CREDIT)
PHED 125-010	CRN 15254	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.
ARCHERY		MW 12pm-12:50pm (1 CREDIT)
PHED 125-006	CRN 15250	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		MW 1pm-1:50pm (1 CREDIT)
PHED 125-009	CRN 15253	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 125-019	CRN 15263	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.
LEARN TO SWIM I		Meets to fit schedule (1 CREDIT)
PHED 125-020	CRN 15264	
PROFICIENT SWIMMING		Meets to fit schedule (1 CREDIT)
PHED 125-021	CRN 15265	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 125-014	CRN 15258	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 125-015	CRN 15259	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 12pm-12:50pm (1 CREDIT)
PHED 125-016	CRN 15260	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.
FAST FITNESS (IN PERSON)		Meets to fit schedule (2 CREDITS)
PHED 150-001	CRN 15278	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 15279	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 15280	Strength/Weight Training is a comprehensive physical fitness course designed to develop strength, flexibility and endurance (cvardiovascular and muscular) in an efficient manner through the use of the URC Fitness Center at EWU