

MENTAL WELLNESS

YOGA		MW 11am-11:50am (1 CREDIT)
PHED 125-006	CRN 18988	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 125-007	CRN 18989	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.
ARCHERY		MW 1pm-1:50pm (1 CREDIT)
PHED 125-009	CRN 18991	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.
GOLF - ALL LEVELS		TR 12pm-12:50pm (1 CREDIT)
PHED 125-012	CRN 18994	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.
SWIM TIME I and II		Meets to fit schedule (1 and 2 CREDIT(S))
PHED 125-018	CRN 19000	Learn to be comfortable and safe in deep water, develop swimming skills through repetition and regular instruction. Appreciate aquatic exercise as a life-long exercise option
PHED 135-001	CRN 19012	
LEARN TO SWIM I and II		Meets to fit schedule (1 and 2 CREDIT(S))
PHED 125-019	CRN 19001	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.
PHED 135-002	CRN 19012	
BALLROOM DANCE		TR 10am-10:50am (1 CREDIT)
PHED 125-003	CRN 18985	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 125-004	CRN 18986	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 125-005	CRN 18987	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 19014	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 19015	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 19016

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