

MENTAL WELLNESS

YOGA		MW 11am-11:50am (1 CREDIT)
PHED 125-003	CRN 16970	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 16971	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 125-013	CRN 17095	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 125-010	CRN 17092	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		Meets to fit schedule (1 CREDIT)
PHED 125	NO CRN ASSIGNED	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
BALLROOM DANCE		TR 10am-10:50am (1 CREDIT)
PHED 125-007	CRN 16974	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 125-008	CRN 16975	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 125-009	CRN 16976	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.
SWIM TIME II		Meets to fit schedule (1 CREDIT)

PHED 135	NO CRN ASSIGNED	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
FAST FITNESS (IN PERSON) Meets to fit schedule (2 CREDITS)		
PHED 150-001	CRN 16988	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 16989	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 TRAIN Meets to fit schedule (2 CREDITS)		
PHED 152-001	CRN 17057	Strength/Weight Training is a comprehensive physical fitness course designed to develop strength, flexibility and endurance (cvascular and muscular) in an efficient manner through the use of the URC Fitness Center at EWU