

## SOCIAL

<b>FAST FITNESS (1 CREDIT)</b>		<b>Meets to fit schedule (1 CREDIT)</b>
PHED 125-002	CRN 16969	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. No written assignments required in the 1 credit option.
<b>INDOOR CYCLING</b>		<b>MW 8am-8:50am (1 CREDIT)</b>
PHED 125-005	CRN 16972	The purpose of this course is to introduce the student to the activity of indoor cycling. This class will be taught in a progressive manner that will enable students of all ability levels to participate. The workouts used in this class will train cardiovascular endurance and emphasize proper form and technique for an effective, safe, and fun workout.
<b>CORE CONDITIONING</b>		<b>TR 12pm-12:50pm (1 CREDIT)</b>
PHED 125-006	CRN 16973	Core Conditioning is a challenging yet user-friendly exercise class which focuses on strengthening the muscles of the core, including hips, abdominals, back muscles, glutes, and much more. This course is designed to improve stability, endurance, and strength, in a supportive, instructional environment.
<b>GOLF ALL LEVELS</b>		<b>TR 12pm-12:50pm (1 CREDIT)</b>
PHED 125-010	CRN 17092	This course will cover the fundamentals of golf. The majority of class time will be spent learning and practicing these fundamentals and basic skills.
<b>PICKLEBALL/BADMINTON</b>		<b>TR 1pm-1:50pm (1 CREDIT)</b>
PHED 125-011	CRN 17093	<b>PICKELBALL:</b> The official sport of Washington state is a fun sport that combines many elements of tennis, badminton and ping-pong. This course will teach the fundamentals of the game and increase your skill level. <b>BADMINTON:</b> The course will help develop a greater appreciation and skill level for the game of badminton and be fun along the way. Introduces a new skill and practice of that skill. All equipment is provided.
<b>VOLLEYBALL - ALL LEVELS</b>		<b>MW 12pm-12:50pm (1 CREDIT)</b>
PHED 125-012	CRN 17094	By the end of the course, you should know the basic techniques and abilities needed to carry out a volleyball game. Overall, the course will help develop a greater appreciation for and a skill level in volleyball.
<b>BALLROOM DANCE</b>		<b>TR 10am-10:50am (1 CREDIT)</b>
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 is the focal point of interest.
<b>LATIN DANCE</b>		<b>TR 11am-11:50am (1 CREDIT)</b>

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 is the focal point of interest.
<b>SWING DANCE</b>		<b>TR 12pm-12:50pm (1 CREDIT)</b>
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 is the focal point of interest.
<b>FAST FITNESS (IN PERSON)</b>		<b>Meets to fit schedule (2 CREDITS)</b>
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.
<b>FAST FITNESS (IN PERSON)</b>		<b>Meets to fit schedule (2 CREDITS)</b>
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.
<b>STRENGTH/WEIGHT TRAINING</b>		<b>Meets to fit schedule (2 CREDITS)</b>
PHED 152-001	CRN 17057	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.