



Main Campus: In-Person Course Descriptions

Spring Term Dates: April 7- June 30, 2025

FITNESS

Functional Conditioning II-Aerobics/Strength

Karen Fields: Instructor

This class is designed to increase balance, cardiovascular conditioning, and strength by using weights, exercise balls, bands, bars and a mat or chair. Class starts with a warmup and stretch followed by low impact aerobics to increase our heart rates. After that we will be alternating strength training and cardiovascular exercises. Class will end with some core strength exercises and stretching. On Thursdays, we will incorporate time in the fitness center to round out our workout. This class will cover all major muscle groups for a total body workout. All workouts to great music!

HTH-926-202: Tuesdays & Thursdays from 8:00 to 9:00 a.m.