

Fall 2018 PE Classes

Continuing Education

Take a Physical Education class from the CTC PE Department without going through admissions or taking exams. The cost is \$150 for the semester. A limited number of seats are available. Call the CE office for information or to register at (254) 526 -1586.

16 Week Classes

DATE	DAY	CLASS	TIME	OPENINGS
Aug 27-Dec 14	M/W	Basketball I	10:30-11:50 am	5
Aug 27-Dec 14	M/W	Basketball II	10:30-11:50 am	5
Aug 27-Dec 14	M/W	Bowling I	1:30-2:50 pm	5
Aug 27-Dec 14	M/W	Bowling II	1:30-2:50 pm	5
Aug 27-Dec 14	M/W	Spin Bike I	10:30-11:50 am	5
Aug 27-Dec 14	M/W	Spin Bike II	10:30-11:50 am	5
Aug 27-Dec 14	M/W	Muay Thai Kickboxing I	1:30-2:50 pm	5
Aug 27-Dec 14	M/W	Muay Thai Kickboxing II	1:30-2:50 pm	5
Aug 27-Dec 14	M/W	Physical Conditioning I	6-7:20 pm	5
Aug 27-Dec 14	M/W	Physical Conditioning II	6-7:20 pm	5
Aug 27-Dec 14	M/W	Volleyball I	7:30-8:50 pm	5
Aug 27-Dec 14	M/W	Volleyball II	7:30-8:50 pm	5
Aug 27-Dec 14	M/W	Weight Training I	9-10:20 am	5
Aug 27-Dec 14	M/W	Weight Training II	9-10:20 am	5
Aug 27-Dec 14	M/W	Yoga I	7:30-8:50 am	5
Aug 27-Dec 14	M/W	Yoga II	7:30-8:50 am	5
Aug 27-Dec 14	M/W	Jogging I	7:30-8:50 am	5
Aug 27-Dec 14	M/W	Jogging II	7:30-8:50 am	5
Aug 27-Dec 14	M/W	Yoga I	1:30-2:50 pm	5
Aug 27-Dec 14	M/W	Yoga II	1:30-2:50 pm	5
Aug 27-Dec 14	M/W	Personal/Community Health I	10:30-11:50 am	5
Aug 27-Dec 14	M/W	First Aid	9-10:20 am	5
Aug 27-Dec 14	M/W	Coaching/Sports/Athletics I	1:30-2:50 pm	5
Aug 27-Dec 14	T/TH	Fitness Walking I	7:30-8:50 am	5
Aug 27-Dec 14	T/TH	Fitness Walking II	7:30-8:50 am	
Aug 27-Dec 14	T/TH	Spin Bike I	7:30-8:50 pm	5
Aug 27-Dec 14	T/TH	Spin Bike II	7:30-8:50 pm	5
Aug 27-Dec 14	T/TH	Water Fitness I	6-7:20 pm	5
Aug 27-Dec 14	T/TH	Water Fitness II	6-7:20 pm	5
Aug 27-Dec 14	T/TH	Weight Training I	1:30-2:50 pm	5
Aug 27-Dec 14	T/TH	Weight Training II	1:30-2:50 pm	5
Aug 27-Dec 14	T/TH	Intro to Physical Fit & Sport	10:30-11:50 pm	5

Aug 27-Dec 14	T/TH	Concepts of Physical Fitness	10:30-11:50 am	5
Aug 27-Dec 14	T/TH	Krav Self-Defense I	9-10:20 am	5
Aug 27-Dec 14	T/TH	Krav Self-Defense II	9-10:20 am	5
Aug 27-Dec 14	T/TH	Bootcamp Fitness I	10:30-11:50 am	5
Aug 27-Dec 14	T/TH	Bootcamp Fitness II	10:30-11:50 am	5

8 Week Classes

DATE	DAY	CLASS	TIME	OPENINGS
Aug 27-Oct 19	M-TH	Swimming I	6-7:20 am	5
Aug 27-Oct 19	M-TH	Swimming II	6-7:20 am	5
Oct 22-Dec 14	M-TH	Swimming I	6-7:20 am	5
Oct 22-Dec 14	M-TH	Swimming II	6-7:20 am	5

Friday Classes

DATE	DAY	CLASS	TIME	OPENINGS
Aug 31-Dec 14	FRI	Physical Conditioning I	Noon-2:50 pm	5
Aug 31-Dec 14	FRI	Physical Conditioning II	Noon-2:50 pm	5

Saturday Classes

DATE	DAY	CLASS	TIME	OPENINGS
Sep 1-Dec 15	SAT	Kickboxing/Aerobics I	9-11:50 am	5
Sep 1-Dec 15	SAT	Kickboxing/Aerobics II	9-11:50 am	5
Sep 1-Dec 15	SAT	Yoga I	Noon-2:50 pm	5
Sep 1-Dec 15	SAT	Yoga II	Noon-2:50 pm	5