

Spring 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 in selected classes are eligible. Call CE office for information at (254) 526 -1586.

16 Week Classes

DATE	DAY	CLASS	TIME	OPENINGS
Jan 16-May 11	M/W	Basketball I	10:30-11:50 am	5
Jan 16-May 11	M/W	Basketball II	10:30-11:50 am	5
Jan 16-May 11	M/W	Bowling I	1:30-2:50 pm	5
Jan 16-May 11	M/W	Bowling II	1:30-2:50 pm	5
Jan 16-May 11	M/W	Fitness Walking I	9-10:20 am	5
Jan 16-May 11	M/W	Fitness Walking II	9-10:20 am	5
Jan 16-May 11	M/W	Spin Bike I	10:30-11:50 am	5
Jan 16-May 11	T/TH	Spin Bike I	7:30 – 8:50 pm	5
Jan 16-May 11	M/W	Spin Bike II	10:30-11:50 am	5
Jan 16-May 11	T/TH	Spin Bike II	7:30-8:50 pm	5
Jan 16-May 11	T/TH	Muay Thai Kickboxing I	1:30-2:50 pm	5
Jan 16-May 11	T/TH	Muay Thai Kickboxing II	1:30-2:50 pm	5
Jan 16-May 11	M/W	Physical Conditioning I	6-7:20 am	5
Jan 16-May 11	M/W	Physical Conditioning II	6-7:20 am	5
Jan 16-May 11	T/TH	Soccer I	12-1:20 pm	5
Jan 16-May 11	M/W	Soccer II	12-1:20 pm	5
Jan 16-May 11	M/W	Volleyball I	7:30 – 8:50 pm	5
Jan 16-May 11	M/W	Volleyball II	7:30-8:50 pm	5
Jan 16-May 11	T/TH	Water Fitness I	6-7:20 pm	5
Jan 16-May 11	T/TH	Water Fitness II	6-7:20 pm	5
Jan 16-May 11	M/W	Weight Training I	6-7:20 am	5
Jan 16-May 11	M/W	Weight Training I	1:30-2:50 pm	5
Jan 16-May 11	T/TH	Weight Training I	3-4:20 pm	5
Jan 16-May 11	M/W	Weight Training II	6-7:20 am	5
Jan 16-May 11	M/W	Weight Training II	1:30-2:50 pm	5
Jan 16-May 11	T/TH	Weight Training II	3-4:20 pm	5
Jan 16-May 11	M/W	Yoga I	7:30-8:50 am	5
Jan 16-May 11	T/TH	Yoga II	7:30-8:50 am	5
Jan 16-May 11	T/TH	Bootcamp Fitness I	10:30-11:50 am	5
Jan 16-May 11	T/TH	Eagle Fit I	9-10:20 am	5
Jan 16-May 11	T/TH	Eagle Fit II	9-10:20 am	5
Jan 16-May 11	T/TH	Intro to Physical Fit & Sport	9-10:20 am	5
Jan 16-May 11	M/W	First Aid	10:30-11:50 am	5
Jan 16-May 11	T/TH	First Aid	1:30-2:50 pm	5

Jan 16-May 11	T/TH	Concepts of Physical Fitness	10:30-11:50am	5
Jan 16-May 11	T/TH	Fitness Walking I	6-7:20 pm	5
Jan 16-May 11	T/TH	Fitness Walking II	6-7:20 pm	5

8 Week Classes

DATE	DAY	CLASS	TIME	OPENINGS
Jan 16-Mar 9	M-TH	Swimming I	6-7:20am	5
Jan 16-Mar 9	M-TH	Swimming II	6-7:20am	5
Jan 16-Mar 9	M-TH	Krav Self-Defense I	9-10:20 am	5
Jan 16-Mar 9	M-TH	Krav Self-Defense II	9-10:20 am	5
Mar 19-May 11	M-TH	Swimming I	6-7:20am	5
Mar 19-May 11	M-TH	Swimming II	6-7:20am	5
Mar 19-May 11	M-TH	Jogging I	9-10:20 am	5
Mar 19-May 11	M-TH	Jogging II	9-10:20 am	5

Friday Classes

DATE	DAY	CLASS	TIME	OPENINGS
Jan 19-May 11	FRI	Bootcamp Fitness I	12-2:50 pm	5
Jan 19-May 11	FRI	Bootcamp Fitness II	12-2:50 pm	5

Saturday Classes

DATE	DAY	CLASS	TIME	OPENINGS
Jan 16-May 11	SAT	Kickboxing/Aerobics I	9-11:50 am	5
Jan 20-May 11	SAT	Yoga I	12-2:50 pm	5
Jan 20-May 11	SAT	Yoga I	12-2:50 pm	5
Jan 20-May 12	SAT	Kickboxing/Aerobics II	9-11:50 am	5