

LIFETIME FITNESS (LFIT)

Fall 2015

Course Number	Activity
102	Adapted Physical Activity
103	Aerobics
104	Exercise and Conditioning
105	Indoor Sports
106	Beginning Jogging
107	Intermediate Jogging
108	Outdoor Sports
109	Racquet Sports
110	Beginning Swimming
111	Swim Conditioning
113	Weight Training
114	Yoga and Pilates
115	Cycle Fitness
118	Flag Football
129	Downhill Skiing and Snowboarding
130	Soccer
140	Ultimate Frisbee
145	Brazilian Jiu Jitsu
146	Sand Volleyball