

PE Classes for Everyone

Physical Activity classes are open to ALL students!

Add 1 Credit to your schedule without being overloaded!

Great way to get your exercise & get credit for it!

Decrease mental stress & feel better!

Spring Courses Available

PE 201-01	Pickleball	T/TH 2:00 – 2:50
PE 201E-01	Beginning Yoga	M 2:00 – 3:00
PE 201G-01	Beginning Golf	M/W 2:00 – 2:50
PE 203N-01	Interm Strength Train	M/W 9:00 – 9:50
PE 220-01	Women’s Self-Defense	W 4:30 – 6:00
PE 223-01	Pilates	T 3:30 – 4:30
PE 228-01	Barre Blast	M 3:30 – 4:30

*To sign up for a course, look up the course prefix and number on “HUB”
and add the course to your spring semester schedule

**If you would like additional information about any of the classes, contact
Catherine.fuller@regiscollege.edu