



# Community Ed Fitness

| Course Number | Course Title         | CRN | ROOM                   | Instructor   | Day | Time            | Date        |
|---------------|----------------------|-----|------------------------|--------------|-----|-----------------|-------------|
| CSFT 8000     | Physical Fitness Lab |     | 20667 N-13             | Dutra, K J   |     | TBA             | 08/15-12/01 |
| CSFT 8005     | Swim Lab             |     | 20668 N-POOL           | Stevens, C W |     | TBA             | 08/15-12/01 |
| CSFT 8021     | Beginning Yoga       |     | 21573 ATKINC-MULTIPRPS | Mann, S F    | R   | 10:00am-10:55am | 08/15-10/21 |
| CSFT 8021     | Beginning Yoga       |     | 21574 N-15             | Mann, S F    | F   | 5:30pm- 6:25pm  | 08/15-10/21 |
| CSFT 8030     | Beginning Tai Chi    |     | 21575 ATKINC-MULTIPRPS | Mann, S F    | R   | 11:00am-11:55am | 08/15-10/21 |
| CSFT 8030     | Beginning Tai Chi    |     | 21576 N-15             | Mann, S F    | F   | 4:30pm- 5:25pm  | 08/15-10/21 |

