



Fall Semester Non Credit Activities Classes Classes run August 21 – December 10, 2023

The Physical Activity Center will be offering non-credit classes, open hours and activities Fall Semester. We have added new classes and class times for Fall. This includes Pilates, Piloxing, Line Dancing, Flexibility Fitness, Tennis and Pickleball. Please refer to the [Schedule Planner website](#) for a complete listing of Non-Credit (6000 Series) PED classes, along with day/time details.

Featured Classes

New classes that are being offered Fall Semester.

PED 6203 Non Credit Strength Training

Strength Training introduces basic and intermediate strategies to develop an appropriate individual strength training program.

PED 6203 - 101 Tuesday and Thursday 12:00pm – 12:55pm

PED 6205 Non Credit Flexibility Fitness

Introduces basic concepts of flexibility program, proper stretching along with exercises that improve flexibility, strength, balance, and relaxation.

PED 6205 – 101 Tuesday and Thursday 11:00am – 11:55am

PED 6207 Non Credit Yoga

This class is dedicated to sculpt and define your body and increase your mind-body connection. Train your core, stretch and strengthen your body.

PED 6207 – 101 Monday and Wednesday 11:00am – 11:55am

PED 6207 – 102 Tuesday and Thursday 1:00pm – 1:55pm

PED 6207 – N01 Tuesday and Thursday 5:00pm – 5:55pm

PED 6209 Non Credit Pilates

Pilates strengthens muscles, improves posture, balance and flexibility, and concentrates on training the mind and body to work together toward the goal of overall health and fitness.

PED 6209 – 101 Monday and Wednesday 1:00pm – 1:55pm

PED 6213 Non Credit Aerobics

This class is an energetic class composed of fitness techniques for cardiorespiratory endurance, muscular strength and endurance, coordination and agility. The class provides a workout for all fitness levels.

PED 6213 - 101 Monday and Wednesday 12:00pm – 12:55pm Section 101 is Bootcamp
Bootcamp workout is basically a type of high-intensity interval training (HIIT) — bursts of intense activity alternated with intervals of lighter activity. A boot camp workout also can include functional fitness, such as using whole-body, multijoint exercises that simulate movements people do in life.

PED 6213 - N01 Monday and Wednesday 5:15pm – 6:10pm Section N01 is Piloxing
Piloxing® is a non-stop, cardio fusion of standing pilates, boxing and dance. Perfect for men and women 18+ who are looking to change routines and for those who want a low impact, but effective, core and strength training workout. [PILOXING VIDEO](#)

For further information or assistance with registration:

Physical Activity Center

www.sinclair.edu/pac

(937) 512 - 2730