

Personal Fitness and Wellness Courses

PFW 1111 Aerobics
PFW 1112 Diet & Exercise
PFW 1113 Golf
PFW 1114 Jogging
PFW 1117 Walking
PFW 1118 Weight Training
PFW 1119 Yoga
PFW 1123 Racquetball
PFW 1124 Pickleball
PFW 1125 Tennis
PFW 1127 Bowling
PFW 1130 Basketball
PFW 1132 Soccer
PFW 1133 Softball
PFW 1134 Volleyball