



Movers & Makers

Health, Fitness and Creative Courses

Spring 2025



16-WEEKS

ART

CRN	COURSE ID	COURSE TITLE	MEETING DAYS	MEETING TIME	MODALITY
12515	ARTS 1240 101	Design I	TR	10:30 am-11:45 am	On Campus
11870	ARTS 1340 101	Functional Ceramics I	T	6:00 pm-8:30 pm	On Campus
12402	ARTS 1520 1Z0	Digital Media I	TR	1:30 pm-2:45 pm	On Campus
12375	ARTS 1530 1N0	Digital Media II	ONLINE	ONLINE	ONLINE
11866	ARTS 1630 101	Painting I	W	1:30 pm-4:00 pm	On Campus
12376	ARTS 2120 1Z0	Graphic Design I	TR	10:30 am-11:45 am	On Campus
12640	ARTS 2410 101	Black & White Photography	T	9:00 am-11:30 am	On Campus
11860	ARTS 2610 101	Drawing II	MW	10:30 am-11:45 am	On Campus

OCCUPATIONAL TECHNOLOGY

CRN	COURSE ID	COURSE TITLE	MEETING DAYS	MEETING TIME	MODALITY
10363	OT 122 101	Woodworking I	M	6:45 pm-9:15 pm	On Campus
10367	OT 123 101	Woodworking II	M	6:45 pm-9:15 pm	On Campus
11051	OT 124 101	Cabinet Making I	W	6:45 pm-9:15 pm	On Campus
11052	OT 125 101	Cabinet Making II	W	6:45 pm-9:15 pm	On Campus

PHYSICAL EDUCATION (HPE ACTIVITY COURSES)

CRN	COURSE ID	COURSE TITLE	MEETING DAYS	MEETING TIME	MODALITY
12231	PHED 1110 101	Dance: Beginning Belly Dancing	M	6:00 pm-7:40 pm	On Campus
12193	PHED 1110 102	Dance: Country & Western Dance	T	6:15 pm-7:55 pm	On Campus
12502	PHED 1110 103	Dance: Aerobic Dance	MW	9:00 am-9:50 am	On Campus
12503	PHED 1280 101	Volleyball	R	5:30 pm-6:50 pm	On Campus
12628	PHED 1310 101	Swim I: Beginning Swimming	TR	12:00 pm-12:50 pm	On Campus
12162	PHED 1320 101	Aqua Fit: Senior Aquatics	TR	3:00 pm-3:50 pm	On Campus
12163	PHED 1320 102	Aqua Fit: Water Aerobics	MW	8:00 am-8:50 am	On Campus
12164	PHED 1320 103	Aqua Fit: Water Aerobics	MW	9:00 am-9:50 am	On Campus
12165	PHED 1320 104	Aqua Fit: Water Aerobics	MW	5:00 pm-5:50 pm	On Campus
12167	PHED 1320 105	Aqua Fit: Water Aerobics	TR	8:00 am-8:50 am	On Campus
12412	PHED 1320 106	Aqua Fit: Water Aerobics	TR	4:00 pm-4:50 pm	On Campus
12168	PHED 1320 107	Aqua Fit: Water Aerobics	TR	5:00 pm-5:50 pm	On Campus
12232	PHED 1410 101	Yoga: Beginning Yoga	M	4:00 pm-5:40 pm	On Campus
12169	PHED 1410 102	Yoga: Beginning Yoga	T	2:30 pm-4:10 pm	On Campus
12170	PHED 1410 103	Yoga: Beginning Yoga	W	2:30 pm-4:10 pm	On Campus
12173	PHED 1410 104	Yoga: Beginning Yoga	TR	6:10 am-7:00 am	On Campus
12174	PHED 1430 101	Pilates	MW	8:00 am-8:50 am	On Campus
12185	PHED 1510 101	Training: Body Sculpting	MW	1:00 pm-1:50 pm	On Campus
12187	PHED 1510 102	Training: Body Sculpting	TR	8:00 am-8:50 am	On Campus
12197	PHED 1510 103	Training: Beg. Weight Training	MW	4:00 pm-4:50 pm	On Campus
12198	PHED 1510 104	Training: Beg. Weight Training	TR	12:00 pm-12:50 pm	On Campus

PHYSICAL EDUCATION (HPE ACTIVITY COURSES) CONTINUED

CRN	COURSE ID	COURSE TITLE	MEETING DAYS	MEETING TIME	MODALITY
12200	PHED 1510 105	Training: Circuit Training	TR	9:00 am-9:50 am	On Campus
12201	PHED 1510 106	Training: Circuit Training	TR	5:00 pm-5:50 pm	On Campus
12413	PHED 1510 107	Training: Kickboxing	TR	6:00 pm-6:50 pm	On Campus
12176	PHED 1620 101	Fitness: Indoor Cycling	MW	6:10 am-7:00 am	On Campus
12177	PHED 1620 102	Fitness: Indoor Cycling	MW	9:00 am-9:50 am	On Campus
12179	PHED 1620 103	Fitness: Indoor Cycling	TR	6:10 am-7:00 am	On Campus
12183	PHED 1620 104	Fitness: Core Fitness I	MW	12:00 pm-12:50 pm	On Campus
12523	PHED 1710 101	Martial Arts: Self-Defense	T	7:00 pm-8:40 pm	On Campus
12175	PHED 1710 102	Martial Arts: Self-Defense	R	7:00 pm-8:40 pm	On Campus
12205	PHED 2230 101	Ind Sport II: Int. Racquetball	MW	5:30 pm-6:20 pm	On Campus
12234	PHED 2996 101	Topics in PE: Mindful/Meditatn	W	5:00 pm-6:40 pm	On Campus
12507	PHED 2996 102	Topics in PE: Tai Chi	MW	12:00 pm-12:50 pm	On Campus
12233	PHED 2996 103	Topics in PE: Tai Chi	TR	1:00 pm-1:50 pm	On Campus

WELDING

CRN	COURSE ID	COURSE TITLE	MEETING DAYS	MEETING TIME	MODALITY
11486	WELD 272 101	Gen Welding for the Hobbyist	M	5:30 pm-8:30 pm	On Campus

FIRST 8-WEEKS

OCCUPATIONAL TECHNOLOGY

CRN	COURSE ID	COURSE TITLE	MEETING DAYS	MEETING TIME	MODALITY
10365	OT 122 130	Woodworking I	TR	6:45 pm-9:15 pm	On Campus
10369	OT 123 130	Woodworking II	TR	6:45 pm-9:15 pm	On Campus

PHYSICAL EDUCATION (HPE ACTIVITY COURSES)

CRN	COURSE ID	COURSE TITLE	MEETING DAYS	MEETING TIME	MODALITY
12566	PHED 1620 130	Fitness: Indoor Cycling	MW	4:00 pm-5:40 pm	On Campus
12180	PHED 1620 131	Fitness: Indoor Cycling	TR	9:00 am-10:40 am	On Campus
12629	PHED 1620 132	Fitness: Walking for Fitness	MTWR	7:30 am-8:20 am	On Campus
12520	PHED 1620 133	Fitness: Walking for Fitness	MW	10:00 am-11:40 am	On Campus
12568	PHED 2996 130	Topics in PE: Pickleball	MW	4:00 pm-5:40 pm	On Campus
12569	PHED 2996 131	Topics in PE: Pickleball	MW	6:00 pm-7:40 pm	On Campus
12584	PHED 2996 132	Topics in PE: Pickleball	TR	9:00 am-10:40 am	On Campus

SECOND 8-WEEKS

OCCUPATIONAL TECHNOLOGY

CRN	COURSE ID	COURSE TITLE	MEETING DAYS	MEETING TIME	MODALITY
110366	OT 122 135	Woodworking I	TR	6:45 pm-9:15 pm	On Campus
10370	OT 123 135	Woodworking II	TR	6:45 pm-9:15 pm	On Campus

PHYSICAL EDUCATION (HPE ACTIVITY COURSES)

CRN	COURSE ID	COURSE TITLE	MEETING DAYS	MEETING TIME	MODALITY
12203	PHED 1230 135	Individual Sport: Tennis	MW	10:00 am-11:40 am	On Campus
12181	PHED 1620 135	Fitness: Indoor Cycling	TR	9:00 am-10:40 am	On Campus
12630	PHED 1620 136	Fitness: Walking for Fitness	MTWR	7:30 am-8:20 am	On Campus
12631	PHED 1620 137	Fitness: Walking for Fitness	MW	10:00 am-11:40 am	On Campus
12598	PHED 2230 135	Individ. Sport II: Int. Tennis	TR	6:00 pm-7:40 pm	On Campus
12651	PHED 2996 135	Topics in PE: Pickleball	MW	4:00 pm-5:40 pm	On Campus
12633	PHED 2996 136	Topics in PE: Pickleball	TR	9:00 am-10:40 am	On Campus