



Movers & Makers

Health, Fitness and Creative Courses

Spring 2026



16-WEEKS

ART

CRN	COURSE ID	COURSE TITLE	MEETING DAYS	MEETING TIME	MODALITY
12704	ARTS 1250 101	Design II	M	1:30 pm-4:00 pm	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 or Online
12375	ARTS 1530 1N0	Digital Media II			Online
11866	ARTS 1630 101	Painting I	W	1:30 pm-4:00 pm	On-Campus
12846	ARTS 2120 1L0	Graphic Design I	TR	10:30 am-11:45 am	Live Online
12845	ARTS 2120 1N0	Graphic Design I			Online

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
12750	PHED 1140 101	Zumba	MW	5:00 pm-5:50 pm	On-Campus
12751	PHED 1140 102	Zumba	TR	1:30 pm-2:20 pm	On-Campus
12162	PHED 1320 101	Aqua Fit: Senior Aquatics	TR	3:00 pm-3:50 pm	On-Campus
12167	PHED 1320 103	Aqua Fit: Water Aerobics	TR	8:00 am-8:50 am	On-Campus
12752	PHED 1320 104	Aqua Fit: Water Aerobics	TR	9:00 am-9:50 am	On-Campus
12412	PHED 1320 105	Aqua Fit: Water Aerobics	TR	4:00 pm-4:50 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
12185	PHED 1510 101	Training: Body Sculpting	MW	1:30 pm-2:20 pm	On-Campus
12187	PHED 1510 102	Training: Body Sculpting	TR	12:30 pm-1:20 pm	On-Campus
12198	PHED 1510 103	Training: Beg. Weight Training	TR	12:00 pm-12:50 pm	On-Campus
12201	PHED 1510 104	Training: Circuit Training	TR	5:00 pm-5:50 pm	On-Campus
12413	PHED 1510 105	Training: Kickboxing	TR	6:00 pm-6:50 pm	On-Campus
12754	PHED 1510 106	Training: Boot Camp	MW	6:00 pm-6:50 pm	On-Campus
12188	PHED 1610 101	Fitness for Life			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
12183	PHED 1620 104	Fitness: Core Fitness I	MW	12:30 pm-1:20 pm	On-Campus
12674	PHED 1620 105	Fitness: Indoor Cycling	MW	4:00 pm-4:50 pm	On-Campus
12523	PHED 1710 101	Martial Arts: Self-Defense	T	7:00 pm-8:40 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

THEATRE

CRN	COURSE ID	COURSE TITLE	MEETING DAYS	MEETING TIME	MODALITY
112658	THEA 1110 101	Introduction to Theatre	MW	1:30 pm-2:45 pm	On-Campus
12659	THEA 1110 1N0	Introduction to Theatre			Online
12660	THEA 1220 101	Beginning Acting	TR	1:30 pm-2:45 pm	On-Campus

WELDING

CRN	COURSE ID	COURSE TITLE	MEETING DAYS	MEETING TIME	MODALITY
12797	WELD 1113 101	General Welding for Hobbyist	M	5:30 pm-8:30 pm	On-Campus

WOODWORKING

CRN	COURSE ID	COURSE TITLE	MEETING DAYS	MEETING TIME	MODALITY
12798	WOOD 1810 101	Basic Woodworking Projects	M	6:45 pm-9:15 pm	On-Campus
12804	WOOD 2110 101	Doors/Drawers/Hardware Furnit	W	6:45 pm-9:15 pm	On-Campus
12801	WOOD 2810 101	Advanced Woodworking Projects	M	6:45 pm-9:15 pm	On-Campus

FIRST 8-WEEKS

PHYSICAL EDUCATION (HPE ACTIVITY COURSES)

CRN	COURSE ID	COURSE TITLE	MEETING DAYS	MEETING TIME	MODALITY
12629	PHED 1620 130	Fitness: Walking for Fitness	MTWR	7:00 am-7:50 am	On-Campus
12568	PHED 2996 130	Topics in PE: Pickleball	MW	9:00 am-10:40 am	On-Campus
12569	PHED 2996 131	Topics in PE: Pickleball	MW	4:00 pm-5:40 pm	On-Campus
12584	PHED 2996 132	Topics in PE: Pickleball	TR	9:00 am-10:40 am	On-Campus
12755	PHED 2996 133	Topics in PE: Pickleball	TR	6:00 pm-7:40 pm	On-Campus

WOODWORKING

CRN	COURSE ID	COURSE TITLE	MEETING DAYS	MEETING TIME	MODALITY
12799	WOOD 1810 130	Basic Woodworking Projects	TR	6:45 pm-9:15 pm	On-Campus
12802	WOOD 2810 130	Advanced Woodworking Projects	TR	6:45 pm-9:15 pm	On-Campus

SECOND 8-WEEKS

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
12828	PHED 1320 135	Aqua Fit: Water Aerobics	MW	8:00 am-9:40 am	On-Campus
12829	PHED 1510 136	Training: Body Sculpting	TR	8:00 am-9:40 am	On-Campus
12630	PHED 1620 136	Fitness: Walking for Fitness	MTWR	7:00 am-7:50 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
12701	PHED 2996 137	Topics in PE: Pickleball	MW	9:00 am-10:40 am	On-Campus
12756	PHED 2996 138	Topics in PE: Pickleball	TR	6:00 pm-7:40 pm	On-Campus

THEATRE

CRN	COURSE ID	COURSE TITLE	MEETING DAYS	MEETING TIME	MODALITY
12698	THEA 2250 135	The Company Class	MW	6:00 pm-9:00 pm	On-Campus