



FOR EVERY
STUDENT
FOR EVERY
COMMUNITY

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a place
for you.



Triton College

For immediate release: **Jan. 3, 2024**

Triton College Offering Total Fitness Class this Spring



RIVER GROVE, Ill. - Ready to get fit while staying safe and having fun? Triton College will be offering Total Fitness for credit (PED 106) or noncredit (PED C37) continuing education. The class will be held in Triton's Fitness Center in the R Building, which is part of the George T. Jorndt Athletic Complex. Tuition is affordable and the class is one college credit hour.

Total Fitness teaches students the safe and effective way to use strength and cardio exercise equipment. The goal of the class is to improve body composition, physiological strength and flexibility. The course can be repeated for a maximum of four accrued credits.

Those registered for PED 106 will have access to the Fitness Center during class time, as well as during regular operating hours. The pool is also available during class for those registered.

- PED 106 001 or PED C37 302 – Monday, Wednesday, 7-7:50 a.m., Beginning Jan. 22
- PED 106 002 or PED C37 306 – Monday, Wednesday, 8-8:50 a.m., Beginning Jan. 22
- PED 106 003 or PED C37 307 – Tuesday, Thursday, 8-8:50 a.m., Beginning Jan. 23

- PED 106 004 or PED C37 308 – Tuesday, Thursday, 9-9:50 a.m., Beginning Feb. 6
- PED 106 005 or PED C37 309 – Tuesday, Thursday, 12:30-1:25 p.m., Beginning Feb. 6
- PED 106 006 or PED C37 310 – Monday, Wednesday, 1-1:55 p.m., Beginning Feb. 5
- PED 106 007 or PED C37 314 – Monday, Wednesday, 6-6:55 p.m., Beginning Feb. 5

To register, visit triton.edu/spring.

For more information, please email juliannemurphy@triton.edu or call (708) 456-0300, Ext. 3130.

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ABOUT TRITON COLLEGE

Triton College is a two-year college dedicated to helping members of the 25 Western Cook County communities in our district and beyond to achieve educational, professional and personal success. Located in River Grove, Ill., Triton offers more than 120 degree and certificate programs on its 110-acre campus, featuring a comfortable, friendly and diverse atmosphere. Triton also holds classes at satellite locations and offers online learning opportunities. Triton's dedicated faculty and staff work to provide high quality, convenient and affordable educational opportunities to more than 14,000 students each year. Triton College is accredited by the Higher Learning Commission. Learn more at <http://www.triton.edu/>.