



FOR EVERY
STUDENT
FOR EVERY
COMMUNITY

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a place
for you.



Triton College

For immediate release: **April 18, 2023**

Triton College Offering Total Fitness Class this Summer

RIVER GROVE, Ill. – Are you ready to get fit while having fun and staying safe? 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. Refer to the class schedule for multiple dates and times. Tuition is affordable and the class is worth one transferrable 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 as well as designated open swim hours.

This is a simple way for college or high school students to get ahead and build their transferrable college credits!

For more information, please email juliannemurphy@triton.edu or call (708) 456-0300, Ext. 3138.

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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 www.triton.edu.