



FOR EVERY  
STUDENT  
FOR EVERY  
COMMUNITY

There's  
a place  
for you.



**Triton College**

For immediate release: **July 31, 2023**

### **Triton College Offering “Walking for Fitness” this Fall**

Triton College will be offering Walking for Fitness (PED C56 201) on Tuesdays and Thursdays, Sept. 5-Dec.14, from 1-1:55 p.m. The class will be held in the R Building (Room R-104), which is part of the George T. Jorndt Athletic Complex. This is a noncredit class.

Students can also enroll in Walking for Fitness (PED 117 001) for credit. It can be repeated for a maximum of four accrued credit hours.

Experience the joy and health benefits of walking while having fun! Meeting new people, socializing and listening to music is emphasized during walks. Triton’s indoor and outdoor track will be utilized depending on weather.

To register, visit [triton.edu/fall](http://triton.edu/fall).

For more information, please email [juliannemurphy@triton.edu](mailto: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/>.