# Physical Education Winter Courses

## Online Courses

### Fitness
- **PE 1** Indoor Cycling
- **PE 3** Keep Calm, Jog On
- **PE 4** Walk ‘N Roll
- **PE 5** TRX
- **PE 6** Barre Fusion
- **PE 8** Healthy Heart

### Yoga and Pilates
- **PE 80** Yoga for Stress Management
- **PE 81** Yoga: Beginning
- **PE 84** Yoga/Pilates Fusion
- **PE 86** Power Yoga

### Special Interest Courses
- **PE 101** Fitness for Life
- **PE 103** Foundations of Health and Performance Psychology (WELLNESS 103)

## In-Person Courses

### Golf
- **PE 33** Golf: Beginning
- **PE 34** Golf: Advanced Beginning
- **PE 35** Golf: Intermediate
- **PE 36** Golf: Advanced

### Horsemanship
- **PE 67** Intermediate Riding

### Racquet Sports
- **PE 26** Tennis: Beginning
- **PE 27** Tennis: Advanced Beginning
- **PE 28** Tennis: Intermediate
- **PE 29** Tennis: Advanced

### Swimming
- **PE 54** Swimming: Stroke Refinement
- **PE 55** Swim Conditioning