

Community Health Education Complex (CHEC)

Facility Use, Courses and Orientation Schedule

SPRING, 2010

Aerobic Center hours:

Monday - Friday 6 a.m. - 8:30 p.m.
Saturday 6 a.m. - 3 p.m.

Aquacise hours:

Monday - Friday 6 a.m. - 9 a.m.;
11 a.m. - 1 p.m.; 6:30 p.m. - 8:30 p.m.
Saturday 6 a.m. - 10 a.m.



PED126 – BEGINNING WEIGHT TRAINING

Sec. 80 – ends May 14, 2010 (1 credit)
Sec. 81 – ends June 12, 2010 (2 credits)

PED170 – AQUACISE I

Sec. 80 – ends May 14, 2010 (1 credit)
Sec. 81 – ends June 12, 2010 (2 credits)

PED 162 – WEIGHT TRAINING & AQUACISE III

Sec. 80 – ends June 12, 2010 (4 credits)

Orientation Sessions - CHEC Building, Room J122

All new students **must** attend a Community Health Education Complex orientation session. Orientation lasts approximately one hour. No student will be permitted to use the facility without proper orientation. Each session begins promptly at the scheduled time. Latecomers will not be admitted to the session. See below for orientation session schedule for Spring, 2010:

Wednesday, January 20 – 11 a.m. or 4 p.m.

Thursday, January 21 – 11 a.m.

Friday, January 22 – 9 a.m.

Saturday, January 23 – 10 a.m.

Monday, January 25 – 9 a.m. or 4 p.m.

Tuesday, January 26 – 11 a.m. OR

5:30 p.m. - (5:30 session held in Room J102)

Thursday, January 28 – 4 p.m.

Friday, January 29 – 9 a.m.

Saturday, January 30 – 10 a.m.

Monday, March 22 – 4 p.m.

Thursday, March 25 – 11 a.m.

Saturday, March 27 – 10 a.m.

Students should enter through the west entrance of J building.