

# 2023-2024 TTC Catalog

## PHE 110 Cardio and Toning

Lec: 0 Lab: 3.0 Credit: 1.0

This course introduces the principles of cardio exercise and toning and the techniques to apply them safely and effectively.

### **Course Offered**

Fall

Spring

Summer

### **Grade Type**

Pass/Fail

### **Division**

Health Sciences