# 2024-2025 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**