

EL 158: Low Impact Aerobics HEALTH, EXERCISE SCI & RECREATION MGMT

A form of aerobic exercise in which one foot remains in contact with the floor at all times.

Pass/Fail grade

1 Credit

Instruction Type(s) • Lecture/Lab: Lecture/Lab for EL 158

Course Fee(s) Applied Science

• \$5.00

Subject Areas

- Leisure and Recreational Activities, General
- \$target.label\$

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