FITN 301.1 SPINNING I

FITN 301.1 SPINNING I
A beginning level aerobic exercise class performed on a stationary racing bicycle and done to high-cadence music. An exciting and fast-paced workout to improve aerobic conditioning. **Grade Option (Letter Grade or Pass/No Pass). Degree Credit.**

**Units:** 1

**Hours/semester:** 48-54 Lab

**AA/AS Degree Requirements:** Area E2; Physical Education

**Transfer Credit:** CSU (CSU GE Area E2), UC*