

## FITN 301.3 Spinning III

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### **FITN 301.3 SPINNING III**

Continuation of FITN 301.2. Intermediate advanced aerobic exercise 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

**Prerequisites:** FITN 301.2 or demonstrated skill level.

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

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

