

FITNESS AND WELLNESS – Take a step towards health and wellness at PJC.
Continuing Education – Recreation and Leisure offers a variety of fitness courses that include:

- ❖ Adult Swim Lessons
- ❖ Aerobic Swimming
- ❖ Aqua Dynamics I
- ❖ Aqua Dynamics II
- ❖ Aqua Jogging
- ❖ Body Sculpting
- ❖ Cardio Karate
- ❖ Express Orientation to the L.I.F.E. Fitness Center
- ❖ Gymnastics
- ❖ Handling Medical Emergencies
- ❖ Hiking and Backpacking
- ❖ Indoor Track and Basketball Gym
- ❖ Infant Massage, Introduction
- ❖ Interval Training
- ❖ Karate Beginning
- ❖ Karate for Kids Age 7-12—Beginning, Shendo GoJu Karate
- ❖ Karate Intermediate
- ❖ Life Fitness Assessment for the Community
- ❖ Lifeguarding Today
- ❖ Mommy and Me Fitness
- ❖ Mommy and Me Toddler Fitness
- ❖ Natural Health and Healing, Introduction
- ❖ Recreation and Leisure Swimming
- ❖ Recreation Fitness Labs
- ❖ Sports for Squirts, Ages 3-5 Years
- ❖ Tai Chi for Health
- ❖ Tennis - For the Health of It
- ❖ Tennis - USTA Preparation
- ❖ Tennis for Kids
- ❖ Tennis, Beginning
- ❖ Tennis, Intermediate
- ❖ Yoga

For more information, contact us at (850) 484-1797.