

# SAN DIEGO CITY COLLEGE

The School of Health,  
Exercise Science,  
Nutrition, and Athletics



## Spring 2024 Class Schedule

Located on the north-west side of campus at 1480 Park Blvd., San Diego, CA 92101



CRN	Sub	Cat	Desc	Start	End	Start	End	Days	Location	Instructor
50483	EXSC	124A	Core and Cardio Fitness I	1/29/24	5/25/24	8:00:00 AM	9:25:00 AM	TR	CITYFTCTR	LeeAnn Taylor
50485	EXSC	124B	Core and Cardio Fitness II	1/29/24	5/25/24	8:00:00 AM	9:25:00 AM	TR	CITYFTCTR	LeeAnn Taylor
50487	EXSC	124C	Core and Cardio Fitness III	1/29/24	5/25/24	8:00:00 AM	9:25:00 AM	TR	CITYFTCTR	LeeAnn Taylor
50489	EXSC	124D	Core and Cardio Fitness IV	1/29/24	5/25/24	8:00:00 AM	9:25:00 AM	TR	CITYFTCTR	LeeAnn Taylor
50551	EXSC	124A	Core and Cardio Fitness I	1/29/24	5/25/24	ONLINE	COURSE		CITYWEB	Paul Greer
50552	EXSC	124B	Core and Cardio Fitness II	1/29/24	5/25/24	ONLINE	COURSE		CITYWEB	Paul Greer
50553	EXSC	124C	Core and Cardio Fitness III	1/29/24	5/25/24	ONLINE	COURSE		CITYWEB	Paul Greer
50554	EXSC	124D	Core and Cardio Fitness IV	1/29/24	5/25/24	ONLINE	COURSE		CITYWEB	Paul Greer
50484	EXSC	124A	Core and Cardio Fitness I	1/29/24	3/23/24	ONLINE	COURSE		CITYWEB	Dede Bodnar
50486	EXSC	124B	Core and Cardio Fitness II	1/29/24	3/23/24	ONLINE	COURSE		CITYWEB	Dede Bodnar
50488	EXSC	124C	Core and Cardio Fitness III	1/29/24	3/23/24	ONLINE	COURSE		CITYWEB	Dede Bodnar
50490	EXSC	124D	Core and Cardio Fitness IV	1/29/24	3/23/24	ONLINE	COURSE		CITYWEB	Dede Bodnar
54535	EXSC	125A	Aerobic Dance I	1/29/24	5/25/24	11:10:00 AM	12:35:00 PM	TR	CITYP101	Gabriela Hogan
54536	EXSC	125B	Aerobic Dance II	1/29/24	5/25/24	11:10:00 AM	12:35:00 PM	TR	CITYP101	Gabriela Hogan
54537	EXSC	125C	Aerobic Dance III	1/29/24	5/25/24	11:10:00 AM	12:35:00 PM	TR	CITYP101	Gabriela Hogan
54538	EXSC	125D	Aerobic Dance IV	1/29/24	5/25/24	11:10:00 AM	12:35:00 PM	TR	CITYP101	Gabriela Hogan
50491	EXSC	126A	Cardio Conditioning I	1/29/24	5/25/24	7:30:00 AM	8:55:00 AM	TR	CITYFTCTR	Marco Anzures
50492	EXSC	126B	Cardio Conditioning II	1/29/24	5/25/24	7:30:00 AM	8:55:00 AM	TR	CITYFTCTR	Marco Anzures
50493	EXSC	126C	Cardio Conditioning III	1/29/24	5/25/24	7:30:00 AM	8:55:00 AM	TR	CITYFTCTR	Marco Anzures
50494	EXSC	126D	Cardio Conditioning IV	1/29/24	5/25/24	7:30:00 AM	8:55:00 AM	TR	CITYFTCTR	Marco Anzures
50559	EXSC	126A	Cardio Conditioning I	1/29/24	5/25/24	12:45:00 PM	2:10:00 PM	MW	CITYFTCTR	Philip Dunn
50560	EXSC	126B	Cardio Conditioning II	1/29/24	5/25/24	12:45:00 PM	2:10:00 PM	MW	CITYFTCTR	Philip Dunn
50561	EXSC	126C	Cardio Conditioning III	1/29/24	5/25/24	12:45:00 PM	2:10:00 PM	MW	CITYFTCTR	Philip Dunn
50562	EXSC	126D	Cardio Conditioning IV	1/29/24	5/25/24	12:45:00 PM	2:10:00 PM	MW	CITYFTCTR	Philip Dunn
50601	EXSC	126A	Cardio Conditioning I	4/1/24	5/25/24	ONLINE	COURSE		CITYWEB	LeeAnn Taylor
50602	EXSC	126B	Cardio Conditioning II	4/1/24	5/25/24	ONLINE	COURSE		CITYWEB	LeeAnn Taylor
50603	EXSC	126C	Cardio Conditioning III	4/1/24	5/25/24	ONLINE	COURSE		CITYWEB	LeeAnn Taylor
50604	EXSC	126D	Cardio Conditioning IV	4/1/24	5/25/24	ONLINE	COURSE		CITYWEB	LeeAnn Taylor
50563	EXSC	127A	Cardio Kickboxing I	1/29/24	5/25/24	9:35:00 AM	11:00:00 AM	TR	CITYP101	Gabriela Hogan
50564	EXSC	127B	Cardio Kickboxing II	1/29/24	5/25/24	9:35:00 AM	11:00:00 AM	TR	CITYP101	Gabriela Hogan
50565	EXSC	127C	Cardio Kickboxing III	1/29/24	5/25/24	9:35:00 AM	11:00:00 AM	TR	CITYP101	Gabriela Hogan
50566	EXSC	127D	Cardio Kickboxing IV	1/29/24	5/25/24	9:35:00 AM	11:00:00 AM	TR	CITYP101	Gabriela Hogan
50625	EXSC	130A	Indoor Cycling I	1/29/24	5/25/24	11:10:00 AM	12:35:00 PM	TR	CITYP225	Andrea Milburn
50626	EXSC	130B	Indoor Cycling II	1/29/24	5/25/24	11:10:00 AM	12:35:00 PM	TR	CITYP225	Andrea Milburn
50627	EXSC	130C	Indoor Cycling III	1/29/24	5/25/24	11:10:00 AM	12:35:00 PM	TR	CITYP225	Andrea Milburn
50628	EXSC	130D	Indoor Cycling IV	1/29/24	5/25/24	11:10:00 AM	12:35:00 PM	TR	CITYP225	Andrea Milburn

CRN	Sub	Cat	Desc	Start	End	Start	End	Days	Location	Instructor
50621	EXSC	139A	Weight Training I	1/29/24	5/25/24	9:35:00 AM	11:00:00 AM	TR	CITYP224	Cameron Roget
50622	EXSC	139B	Weight Training II	1/29/24	5/25/24	9:35:00 AM	11:00:00 AM	TR	CITYP224	Cameron Roget
50623	EXSC	139C	Weight Training III	1/29/24	5/25/24	9:35:00 AM	11:00:00 AM	TR	CITYP224	Cameron Roget
50624	EXSC	139D	Weight Training IV	1/29/24	5/25/24	9:35:00 AM	11:00:00 AM	TR	CITYP224	Cameron Roget
50503	EXSC	139A	Weight Training I	1/29/24	5/25/24	9:35:00 AM	11:00:00 AM	MW	CITYP224	Christopher Brown
50505	EXSC	139B	Weight Training II	1/29/24	5/25/24	9:35:00 AM	11:00:00 AM	MW	CITYP224	Christopher Brown
50507	EXSC	139C	Weight Training III	1/29/24	5/25/24	9:35:00 AM	11:00:00 AM	MW	CITYP224	Christopher Brown
50509	EXSC	139D	Weight Training IV	1/29/24	5/25/24	9:35:00 AM	11:00:00 AM	MW	CITYP224	Christopher Brown
50567	EXSC	139A	Weight Training I	1/29/24	5/25/24	3:55:00 PM	5:20:00 PM	MW	CITYP224	Christopher Brown
50569	EXSC	139B	Weight Training II	1/29/24	5/25/24	3:55:00 PM	5:20:00 PM	MW	CITYP224	Christopher Brown
50571	EXSC	139C	Weight Training III	1/29/24	5/25/24	3:55:00 PM	5:20:00 PM	MW	CITYP224	Christopher Brown
50573	EXSC	139D	Weight Training IV	1/29/24	5/25/24	3:55:00 PM	5:20:00 PM	MW	CITYP224	Christopher Brown
50540	EXSC	139A	Weight Training I	1/29/24	5/25/24	11:10:00 AM	12:35:00 PM	TR	CITYP224	Christopher Tolles
50541	EXSC	139B	Weight Training II	1/29/24	5/25/24	11:10:00 AM	12:35:00 PM	TR	CITYP224	Christopher Tolles
50542	EXSC	139C	Weight Training III	1/29/24	5/25/24	11:10:00 AM	12:35:00 PM	TR	CITYP224	Christopher Tolles
50543	EXSC	139D	Weight Training IV	1/29/24	5/25/24	11:10:00 AM	12:35:00 PM	TR	CITYP224	Christopher Tolles
50555	EXSC	142	Fund Hiking for Fitness I	4/1/24	5/25/24	ONLINE	COURSE		CITYWEB	Andrea Milburn
50511	EXSC	145A	Yoga I	1/29/24	5/25/24	9:35:00 AM	11:00:00 AM	TR	CITYP229	Andrea Milburn
50515	EXSC	145B	Yoga II	1/29/24	5/25/24	9:35:00 AM	11:00:00 AM	TR	CITYP229	Andrea Milburn
50519	EXSC	145C	Yoga III	1/29/24	5/25/24	9:35:00 AM	11:00:00 AM	TR	CITYP229	Andrea Milburn
50523	EXSC	145D	Yoga IV	1/29/24	5/25/24	9:35:00 AM	11:00:00 AM	TR	CITYP229	Andrea Milburn
50513	EXSC	145A	Yoga I	1/29/24	5/25/24	12:45:00 PM	2:10:00 PM	TR	CITYP229	Gabriela Hogan
50517	EXSC	145B	Yoga II	1/29/24	5/25/24	12:45:00 PM	2:10:00 PM	TR	CITYP229	Gabriela Hogan
50521	EXSC	145C	Yoga III	1/29/24	5/25/24	12:45:00 PM	2:10:00 PM	TR	CITYP229	Gabriela Hogan
50525	EXSC	145D	Yoga IV	1/29/24	5/25/24	12:45:00 PM	2:10:00 PM	TR	CITYP229	Gabriela Hogan
50512	EXSC	145A	Yoga I	1/29/24	5/25/24	9:00:00 AM	11:10:00 AM	F	CITYP229	Nicholas Skvarna
50516	EXSC	145B	Yoga II	1/29/24	5/25/24	9:00:00 AM	11:10:00 AM	F	CITYP229	Nicholas Skvarna
50520	EXSC	145C	Yoga III	1/29/24	5/25/24	9:00:00 AM	11:10:00 AM	F	CITYP229	Nicholas Skvarna
50524	EXSC	145D	Yoga IV	1/29/24	5/25/24	9:00:00 AM	11:10:00 AM	F	CITYP229	Nicholas Skvarna
50510	EXSC	145A	Yoga I	4/1/24	5/25/24	5:30:00 PM	7:30:00 PM	MW	CITYP229	Nicholas Skvarna
50514	EXSC	145B	Yoga II	4/1/24	5/25/24	5:30:00 PM	7:30:00 PM	MW	CITYP229	Nicholas Skvarna
50518	EXSC	145C	Yoga III	4/1/24	5/25/24	5:30:00 PM	7:30:00 PM	MW	CITYP229	Nicholas Skvarna
50522	EXSC	145D	Yoga IV	4/1/24	5/25/24	5:30:00 PM	7:30:00 PM	MW	CITYP229	Nicholas Skvarna
50526	EXSC	147A	Kickboxing I	1/29/24	5/25/24	ONLINE	COURSE		CITYWEB	Gabriela Hogan
50527	EXSC	147B	Kickboxing II	1/29/24	5/25/24	ONLINE	COURSE		CITYWEB	Gabriela Hogan
50528	EXSC	147C	Kickboxing III	1/29/24	5/25/24	ONLINE	COURSE		CITYWEB	Gabriela Hogan
50529	EXSC	147D	Kickboxing IV	1/29/24	5/25/24	ONLINE	COURSE		CITYWEB	Gabriela Hogan

CRN	Sub	Cat	Desc	Start	End	Start	End	Days	Location	Instructor
50579	EXSC	158A	Basketball I	4/1/24	5/25/24	11:10:00 AM	1:10:00 PM	TWR	HWGYM	Andrea Aguilar-Montalban
50581	EXSC	158B	Basketball II	4/1/24	5/25/24	11:10:00 AM	1:10:00 PM	TWR	HWGYM	Andrea Aguilar-Montalban
50583	EXSC	158C	Basketball III	4/1/24	5/25/24	11:10:00 AM	1:10:00 PM	TWR	HWGYM	Andrea Aguilar-Montalban
50585	EXSC	158D	Basketball IV	4/1/24	5/25/24	11:10:00 AM	1:10:00 PM	TWR	HWGYM	Andrea Aguilar-Montalban
50580	EXSC	158A	Basketball I	4/1/24	5/25/24	1:30:00 PM	3:30:00 PM	MTW	HWGYM	Mitchell Charlens
50582	EXSC	158B	Basketball II	4/1/24	5/25/24	1:30:00 PM	3:30:00 PM	MTW	HWGYM	Mitchell Charlens
50584	EXSC	158C	Basketball III	4/1/24	5/25/24	1:30:00 PM	3:30:00 PM	MTW	HWGYM	Mitchell Charlens
50586	EXSC	158D	Basketball IV	4/1/24	5/25/24	1:30:00 PM	3:30:00 PM	MTW	HWGYM	Mitchell Charlens
54521	EXSC	166A	Golf I	1/29/24	5/25/24	2:00:00 PM	5:20:00 PM	M	CITYSOCFD	LeeAnn Taylor
54523	EXSC	166B	Golf II	1/29/24	5/25/24	2:00:00 PM	5:20:00 PM	M	CITYSOCFD	LeeAnn Taylor
54526	EXSC	166C	Golf III	1/29/24	5/25/24	2:00:00 PM	5:20:00 PM	M	CITYSOCFD	LeeAnn Taylor
54527	EXSC	166D	Golf IV	1/29/24	5/25/24	2:00:00 PM	5:20:00 PM	M	CITYSOCFD	LeeAnn Taylor
50635	EXSC	174A	Soccer I	1/29/24	5/25/24	9:35:00 AM	11:00:00 AM	MW	CITYSOCFD	Cameron Roget
50636	EXSC	174B	Soccer II	1/29/24	5/25/24	9:35:00 AM	11:00:00 AM	MW	CITYSOCFD	Cameron Roget
50637	EXSC	174C	Soccer III	1/29/24	5/25/24	9:35:00 AM	11:00:00 AM	MW	CITYSOCFD	Cameron Roget
50638	EXSC	174D	Soccer IV	1/29/24	5/25/24	9:35:00 AM	11:00:00 AM	MW	CITYSOCFD	Cameron Roget
50587	EXSC	174A	Soccer I	1/29/24	5/25/24	11:10:00 AM	12:35:00 PM	MW	CITYSOCFD	Christopher Tolles
50588	EXSC	174B	Soccer II	1/29/24	5/25/24	11:10:00 AM	12:35:00 PM	MW	CITYSOCFD	Christopher Tolles
50589	EXSC	174C	Soccer III	1/29/24	5/25/24	11:10:00 AM	12:35:00 PM	MW	CITYSOCFD	Christopher Tolles
50590	EXSC	174D	Soccer IV	1/29/24	5/25/24	11:10:00 AM	12:35:00 PM	MW	CITYSOCFD	Christopher Tolles
54541	EXSC	179A	Pickleball I	1/29/24	5/25/24	9:00:00 AM	12:20:00 PM	S	CITYTENCT	Nicholas Skvarna
54542	EXSC	179B	Pickleball II	1/29/24	5/25/24	9:00:00 AM	12:20:00 PM	S	CITYTENCT	Nicholas Skvarna
54543	EXSC	179C	Pickleball III	1/29/24	5/25/24	9:00:00 AM	12:20:00 PM	S	CITYTENCT	Nicholas Skvarna
54544	EXSC	179D	Pickleball IV	1/29/24	5/25/24	9:00:00 AM	12:20:00 PM	S	CITYTENCT	Nicholas Skvarna
50610	EXSC	182A	Volleyball I	1/29/24	5/25/24	5:55:00 PM	9:00:00 PM	T	HWGYM	Breeana Reid
50611	EXSC	182B	Volleyball II	1/29/24	5/25/24	5:55:00 PM	9:00:00 PM	T	HWGYM	Breeana Reid
50612	EXSC	182C	Volleyball III	1/29/24	5/25/24	5:55:00 PM	9:00:00 PM	T	HWGYM	Breeana Reid
50613	EXSC	182D	Volleyball IV	1/29/24	5/25/24	5:55:00 PM	9:00:00 PM	T	HWGYM	Breeana Reid
50530	EXSC	200	Intercoll. Badminton I	1/29/24	5/25/24	4:00:00 PM	6:05:00 PM	F	HWGYM	Darby Duprat
50530	EXSC	200	Intercoll. Badminton I	1/29/24	5/25/24	4:00:00 PM	6:00:00 PM	MTWR	HWGYM	Darby Duprat
50544	EXSC	201	Intercoll. Badminton II	1/29/24	5/25/24	4:00:00 PM	6:05:00 PM	F	HWGYM	Darby Duprat
50544	EXSC	201	Intercoll. Badminton II	1/29/24	5/25/24	4:00:00 PM	6:00:00 PM	MTWR	HWGYM	Darby Duprat

CRN	Sub	Cat	Desc	Start	End	Start	End	Days	Location	Instructor
50545	EXSC	202	Intercollegiate Baseball I	1/8/24	5/11/24	1:30:00 PM	3:00:00 PM	F	MORFD	Christopher Brown
50545	EXSC	202	Intercollegiate Baseball I	1/8/24	5/11/24	1:30:00 PM	3:30:00 PM	MTWR	MORFD	Christopher Brown
50545	EXSC	202	Intercollegiate Baseball I	1/8/24	5/11/24	1:30:00 PM	3:30:00 PM	MTWR	MORFD	Christopher Brown
50531	EXSC	203	Intercollegiate Baseball II	1/8/24	5/11/24	1:30:00 PM	3:00:00 PM	F	MORFD	Christopher Brown
50531	EXSC	203	Intercollegiate Baseball II	1/8/24	5/11/24	1:30:00 PM	3:30:00 PM	MTWR	MORFD	Christopher Brown
50550	EXSC	204	Intercoll. Basketball I	1/2/24	3/23/24	11:10:00 AM	12:55:00 PM	MTWRF	HWGYM	Andrea Aguilar-Montalban
50535	EXSC	205	Intercoll. Basketball II	1/2/24	3/23/24	11:10:00 AM	12:55:00 PM	MTWRF	HWGYM	Andrea Aguilar-Montalban
50534	EXSC	204	Intercoll. Basketball I	1/2/24	3/23/24	1:30:00 PM	3:15:00 PM	MTWRF	HWGYM	Mitchell Charlens
50536	EXSC	205	Intercoll. Basketball II	1/2/24	3/23/24	1:30:00 PM	3:15:00 PM	MTWRF	HWGYM	Mitchell Charlens
50631	EXSC	216	Intercollegiate Softball I	1/16/24	5/18/24	1:30:00 PM	3:00:00 PM	F	CITYSOFFD	Alfred Hull
50631	EXSC	216	Intercollegiate Softball I	1/16/24	5/18/24	1:30:00 PM	3:30:00 PM	MTWR	CITYSOFFD	Alfred Hull
50632	EXSC	217	Intercollegiate Softball II	1/16/24	5/18/24	1:30:00 PM	3:00:00 PM	F	CITYSOFFD	Alfred Hull
50632	EXSC	217	Intercollegiate Softball II	1/16/24	5/18/24	1:30:00 PM	3:30:00 PM	MTWR	CITYSOFFD	Alfred Hull
50548	EXSC	220	Intercollegiate Tennis I	1/16/24	5/4/24	1:00:00 PM	3:30:00 PM	MTWR	CITYTENCT	Brandon Lupian
50549	EXSC	221	Intercollegiate Tennis II	1/16/24	5/4/24	1:00:00 PM	3:30:00 PM	MTWR	CITYTENCT	Brandon Lupian
50546	EXSC	220	Intercollegiate Tennis I	1/16/24	5/4/24	1:00:00 PM	3:30:00 PM	MTWR	CITYTENCT	Jami Jones
50547	EXSC	221	Intercollegiate Tennis II	1/16/24	5/4/24	1:00:00 PM	3:30:00 PM	MTWR	CITYTENCT	Jami Jones
50605	EXSC	228A	Intercoll Sand Volleyball I	1/16/24	5/11/24	9:35:00 AM	11:45:00 AM	F	CITYCLSRM	Audra Dent
50605	EXSC	228A	Intercoll Sand Volleyball I	1/16/24	5/11/24	9:35:00 AM	11:35:00 AM	MTWR	CITYCLSRM	Audra Dent
50606	EXSC	228B	Intercoll Sand Volleyball II	1/16/24	5/11/24	9:35:00 AM	11:45:00 AM	F	CITYCLSRM	Audra Dent
50606	EXSC	228B	Intercoll Sand Volleyball II	1/16/24	5/11/24	9:35:00 AM	11:35:00 AM	MTWR	CITYCLSRM	Audra Dent
50608	EXSC	230A	Strategies of Baseball I	1/29/24	5/25/24	11:30:00 AM	12:55:00 PM	MW	MORFD	Christopher Brown
50609	EXSC	230B	Strategies of Baseball II	1/29/24	5/25/24	11:30:00 AM	12:55:00 PM	MW	MORFD	Christopher Brown
50616	EXSC	231A	Basketball Theory/Strat I	1/29/24	5/25/24	3:30:00 PM	4:55:00 PM	TR	CITYP224	Mitchell Charlens
50617	EXSC	231B	Basketball Theory/Strat II	1/29/24	5/25/24	3:30:00 PM	4:55:00 PM	TR	CITYP224	Mitchell Charlens
50597	EXSC	232A	Prof. Act./Cross Coun I	1/29/24	5/25/24	12:45:00 PM	2:10:00 PM	MW	CITYFTCTR	Marco Anzures
50598	EXSC	232B	Prof. Act./Cross Coun II	1/29/24	5/25/24	12:45:00 PM	2:10:00 PM	MW	CITYFTCTR	Marco Anzures
54505	EXSC	232A	Prof. Act./Cross Coun I	1/29/24	5/25/24	7:30:00 AM	8:55:00 AM	TR	CITYFTCTR	Philip Dunn
54506	EXSC	232B	Prof. Act./Cross Coun II	1/29/24	5/25/24	7:30:00 AM	8:55:00 AM	TR	CITYFTCTR	Philip Dunn
50614	EXSC	239A	Theory/Strategy Volleyball I	1/29/24	5/25/24	8:00:00 AM	9:25:00 AM	MW	CITYP224	Breeana Reid
50615	EXSC	239B	Theory/Strategy Volleyball II	1/29/24	5/25/24	8:00:00 AM	9:25:00 AM	MW	CITYP224	Breeana Reid
50539	EXSC	240	Phys Educ in Elem Schools	1/29/24	5/25/24	ONLINE	COURSE		CITYWEB	LeeAnn Taylor
50591	EXSC	241B	Introduction to Kinesiology	1/29/24	3/23/24	ONLINE	COURSE		CITYWEB	Paul Greer
50532	EXSC	242B	Care & Prevention of Injur.	1/29/24	5/25/24	5:30:00 PM	8:50:00 PM	M	HW206	Denise Lebsack
50495	HEAL	101	Health and Lifestyle	1/29/24	5/25/24	9:35:00 AM	11:00:00 AM	MW	CITYCLSRM	Paul Greer
50618	HEAL	101	Health and Lifestyle	1/29/24	5/25/24	11:10:00 AM	12:35:00 PM	MW	CITYCLSRM	LeeAnn Taylor
50496	HEAL	101	Health and Lifestyle	1/29/24	5/25/24	ONLINE	COURSE		CITYWEB	Dede Bodnar

<b>CRN</b>	<b>Sub</b>	<b>Cat</b>	<b>Desc</b>	<b>Start</b>	<b>End</b>	<b>Start</b>	<b>End</b>	<b>Days</b>	<b>Location</b>	<b>Instructor</b>
50594	HEAL	101	Health and Lifestyle	2/26/24	3/23/24	ONLINE	COURSE		CITYWEB	Dede Bodnar
50497	HEAL	101	Health and Lifestyle	1/29/24	3/23/24	ONLINE	COURSE		CITYWEB	Mitchell Charlens
50537	HEAL	101	Health and Lifestyle	4/1/24	5/25/24	ONLINE	COURSE		CITYWEB	Mitchell Charlens
50593	HEAL	101	Health and Lifestyle	4/1/24	5/25/24	ONLINE	COURSE		CITYWEB	Paul Greer
50498	NUTR	150	Nutrition	1/29/24	5/25/24	11:10:00 AM	12:35:00 PM	TR	CITYBT305	Christina Troutner
50499	NUTR	150	Nutrition	1/29/24	3/23/24	ONLINE	COURSE		CITYWEB	Christina Troutner
50595	NUTR	150	Nutrition	4/1/24	5/25/24	ONLINE	COURSE		CITYWEB	Christina Troutner
50607	NUTR	150	Nutrition	4/1/24	5/25/24	ONLINE	COURSE		CITYWEB	Gabriela Hogan
50533	NUTR	150	Nutrition	1/29/24	3/23/24	ONLINE	COURSE		CITYWEB	LeeAnn Taylor
54519	NUTR	153	Cultural Foods	1/29/24	5/25/24	11:10:00 AM	12:35:00 PM	MW	CITYCLSRM	Christina Troutner
50619	NUTR	153	Cultural Foods	4/1/24	5/25/24	ONLINE	COURSE		CITYWEB	Christina Troutner
50501	NUTR	170	Nutrition and Fitness	1/29/24	3/23/24	ONLINE	COURSE		CITYWEB	Gabriela Hogan

# ADD A UNIT OF FUN

Did you know San Diego City College offers amazing activity courses for college credit? Most at only ONE unit, that's \$46 for an awesome class taught by trained professionals.

**Aerobic Dance**

**Cardio Conditioning**

**Core and Cardio**

**Fitness**

**Cardio Kickboxing**

**Golf**

**Hiking for Fitness**

**Indoor Cycling**

**Kickboxing**

**Pickleball**

**Weight Training**

**Yoga**

**We also offer lecture courses in Nutrition (NUTR), Health (HEAL), and Exercise Science (EXSC).**