

# Department of Kinesiology

## EXSA Classes: Fall 2009

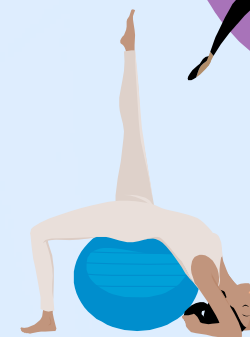
- ❖ Earn College Credit
- ❖ Relieve Stress
- ❖ Meet New Friends
- ❖ Have FUN!
- ❖ Improve Health & Appearance
- ❖ Enhance Quality of Life
- ❖ Lose Weight

### EXSA Classes

0107 Martial Arts  
0108 Basketball  
0120 Bowling  
0154 Walk for Fitness  
0154 Walking (On Line)  
0156 Jogging (On Line)  
1056 Jog for Fitness  
0157 Aerobic Dance  
0159 Ex. For Handicapped  
0160 Step Aerobics  
0163 Yoga  
0164 Kickboxing  
0165 Pilates  
0167 Soccer  
0168 Intermediate Yoga  
0170 Swimming  
0172 Swim for Fitness  
0177 Tennis  
0178 Advanced Tennis  
0180 Volleyball  
0184 Weight Training  
1220 Lifeguard Training  
1246 Self Defense for Women  
1247 Exercise and Weight  
Management (On Line)  
1249 Scuba Diving  
1259 Advanced Scuba

### DNCA Classes

0131 Ballroom Dance  
0133 Swing Dance  
0136 Jazz  
0139 Dance Performance  
1235 Intermediate Ballet



For More Information Contact:  
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