

Class #	Sub	Cat	Class notes	Start Date	End Date	Mtg Start	Mtg End	Days	Building	Rm	Instructor
44127	EXSC	125A	Aerobic Dance	8/21/2023	12/16/2023	11:10:00 AM	12:35:00 PM	TR	CITY-P	101	Gabriela Hogan
44128	EXSC	125B	Aerobic Dance	8/21/2023	12/16/2023	11:10:00 AM	12:35:00 PM	TR	CITY-P	101	Gabriela Hogan
44129	EXSC	125C	Aerobic Dance	8/21/2023	12/16/2023	11:10:00 AM	12:35:00 PM	TR	CITY-P	101	Gabriela Hogan
44130	EXSC	125D	Aerobic Dance	8/21/2023	12/16/2023	11:10:00 AM	12:35:00 PM	TR	CITY-P	101	Gabriela Hogan
43523	EXSC	127A	Cardio Kickboxing.	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	TR	CITY-P	101	Gabriela Hogan
43524	EXSC	127B	Cardio Kickboxing.	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	TR	CITY-P	101	Gabriela Hogan
43528	EXSC	127C	Cardio Kickboxing.	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	TR	CITY-P	101	Gabriela Hogan
43529	EXSC	127D	Cardio Kickboxing.	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	TR	CITY-P	101	Gabriela Hogan
43416	EXSC	241B	Intro to Kinesiology	8/21/2023	12/16/2023	12:45:00 PM	2:10:00 PM	MW	CITY-HW	206	Paul Greer
43494	EXSC	242B	For more information, please contact the instructor - dlebsack@sdccd.edu	8/21/2023	12/16/2023	5:30:00 PM	8:50:00 PM	M	CITY-HW	206	Denise Lebsack
43422	HEAL	101	Health	8/21/2023	12/16/2023	8:00:00 AM	9:25:00 AM	MW	CITY-HW	206	Paul Greer
43555	HEAL	101	Health	8/21/2023	12/16/2023	11:10:00 AM	12:35:00 PM	MW	CITY-HW	206	LeeAnn Taylor
43427	NUTR	150	Nutrition	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	TR	CITY-HW	206	Staff
44174	NUTR	153	Nutrition	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	MW	CITY-HW	206	Staff
44115	NUTR	170	Nutrition	8/21/2023	12/16/2023	12:45:00 PM	2:10:00 PM	TR	CITY-HW	206	Staff
43424	HEAL	101	Health	8/21/2023	12/16/2023	12:45:00 PM	2:10:00 PM	MW	CITY-BT	213	Staff
43508	EXSC	139A	Weight Training	8/21/2023	12/16/2023	9:35:00 AM	12:55:00 PM	F	CITY-P	224	Christopher Brown
43509	EXSC	139B	Weight Training	8/21/2023	12/16/2023	9:35:00 AM	12:55:00 PM	F	CITY-P	224	Christopher Brown
43510	EXSC	139C	Weight Training	8/21/2023	12/16/2023	9:35:00 AM	12:55:00 PM	F	CITY-P	224	Christopher Brown
43511	EXSC	139D	Weight Training	8/21/2023	12/16/2023	9:35:00 AM	12:55:00 PM	F	CITY-P	224	Christopher Brown
43472	EXSC	139A	Weight Training	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	MW	CITY-P	224	Christopher Brown
43474	EXSC	139B	Weight Training	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	MW	CITY-P	224	Christopher Brown
43476	EXSC	139C	Weight Training	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	MW	CITY-P	224	Christopher Brown
43478	EXSC	139D	Weight Training	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	MW	CITY-P	224	Christopher Brown
43471	EXSC	139A	Weight Training	8/21/2023	12/16/2023	11:10:00 AM	12:35:00 PM	MW	CITY-P	224	Paul Greer
43473	EXSC	139B	Weight Training	8/21/2023	12/16/2023	11:10:00 AM	12:35:00 PM	MW	CITY-P	224	Paul Greer
43475	EXSC	139C	Weight Training	8/21/2023	12/16/2023	11:10:00 AM	12:35:00 PM	MW	CITY-P	224	Paul Greer
43477	EXSC	139D	Weight Training	8/21/2023	12/16/2023	11:10:00 AM	12:35:00 PM	MW	CITY-P	224	Paul Greer
43507	EXSC	139A	Weight Training	8/21/2023	12/16/2023	3:35:00 PM	5:00:00 PM	MW	CITY-P	224	Mitchell Charlens
43548	EXSC	139B	Weight Training	8/21/2023	12/16/2023	3:35:00 PM	5:00:00 PM	MW	CITY-P	224	Mitchell Charlens
43549	EXSC	139C	Weight Training	8/21/2023	12/16/2023	3:35:00 PM	5:00:00 PM	MW	CITY-P	224	Mitchell Charlens
43550	EXSC	139D	Weight Training	8/21/2023	12/16/2023	3:35:00 PM	5:00:00 PM	MW	CITY-P	224	Mitchell Charlens
43498	EXSC	139A	This course is open to all; emphasizes cardio conditioning exercises for baseball.	8/21/2023	12/16/2023	3:55:00 PM	5:20:00 PM	TR	CITY-P	224	Christopher Brown
43499	EXSC	139B	This course is open to all; emphasizes cardio conditioning exercises for baseball.	8/21/2023	12/16/2023	3:55:00 PM	5:20:00 PM	TR	CITY-P	224	Christopher Brown
43500	EXSC	139C	This course is open to all; emphasizes cardio conditioning exercises for baseball.	8/21/2023	12/16/2023	3:55:00 PM	5:20:00 PM	TR	CITY-P	224	Christopher Brown
43501	EXSC	139D	This course is open to all; emphasizes cardio conditioning exercises for baseball.	8/21/2023	12/16/2023	3:55:00 PM	5:20:00 PM	TR	CITY-P	224	Christopher Brown
43538	EXSC	235A	Emphasizes theories/ strategies and conditioning for first year softball players.	8/21/2023	12/16/2023	12:45:00 PM	2:10:00 PM	TR	CITY-P	224	Alfred Hull
43539	EXSC	235B	Emphasizes theories/ strategies and conditioning for second year softball players.	8/21/2023	12/16/2023	12:45:00 PM	2:10:00 PM	TR	CITY-P	224	Alfred Hull
43531	EXSC	236A	Emphasizes theories/ strategies and conditioning for first year beach volleyball players.	8/21/2023	12/16/2023	8:00:00 AM	9:25:00 AM	MW	CITY-P	224	Breeana Reid
43557	EXSC	236B	Emphasizes theories/ strategies and conditioning for second year beach volleyball players.	8/21/2023	12/16/2023	8:00:00 AM	9:25:00 AM	MW	CITY-P	224	Breeana Reid
44131	EXSC	130A	Indoor cycling	8/21/2023	12/16/2023	11:10:00 AM	12:35:00 PM	TR	CITY-P	225	Andrea Milburn

44132	EXSC	130B	Indoor cycling	8/21/2023	12/16/2023	11:10:00 AM	12:35:00 PM	TR	CITY-P	225	Andrea Milburn
44133	EXSC	130C	Indoor cycling	8/21/2023	12/16/2023	11:10:00 AM	12:35:00 PM	TR	CITY-P	225	Andrea Milburn
44134	EXSC	130D	Indoor cycling	8/21/2023	12/16/2023	11:10:00 AM	12:35:00 PM	TR	CITY-P	225	Andrea Milburn
44120	EXSC	130A	Indoor cycling	8/21/2023	12/16/2023	8:00:00 AM	9:25:00 AM	TR	CITY-P	225	Gabriela Hogan
44121	EXSC	130B	Indoor cycling	8/21/2023	12/16/2023	8:00:00 AM	9:25:00 AM	TR	CITY-P	225	Gabriela Hogan
44122	EXSC	130C	Indoor cycling	8/21/2023	12/16/2023	8:00:00 AM	9:25:00 AM	TR	CITY-P	225	Gabriela Hogan
44123	EXSC	130D	Indoor cycling	8/21/2023	12/16/2023	8:00:00 AM	9:25:00 AM	TR	CITY-P	225	Gabriela Hogan
43466	EXSC	145A	Yoga to feel better, improve overall strength, flexibility, mobility and balance with an emphasis on movement with the breath and core work.	8/21/2023	12/16/2023	9:00:00 AM	12:20:00 PM	F	CITY-P	229	Nicholas Skvarna
43467	EXSC	145B	Yoga to feel better, improve overall strength, flexibility, mobility and balance with an emphasis on movement with the breath and core work.	8/21/2023	12/16/2023	9:00:00 AM	12:20:00 PM	F	CITY-P	229	Nicholas Skvarna
43468	EXSC	145C	Yoga to feel better, improve overall strength, flexibility, mobility and balance with an emphasis on movement with the breath and core work.	8/21/2023	12/16/2023	9:00:00 AM	12:20:00 PM	F	CITY-P	229	Nicholas Skvarna
43469	EXSC	145D	Yoga to feel better, improve overall strength, flexibility, mobility and balance with an emphasis on movement with the breath and core work.	8/21/2023	12/16/2023	9:00:00 AM	12:20:00 PM	F	CITY-P	229	Nicholas Skvarna
43544	EXSC	145A	Yoga to feel better, improve overall strength, flexibility, mobility and balance with an emphasis on movement with the breath and core work.	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	MW	CITY-P	229	Nicholas Skvarna
43545	EXSC	145B	Yoga to feel better, improve overall strength, flexibility, mobility and balance with an emphasis on movement with the breath and core work.	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	MW	CITY-P	229	Nicholas Skvarna
43546	EXSC	145C	Yoga to feel better, improve overall strength, flexibility, mobility and balance with an emphasis on movement with the breath and core work.	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	MW	CITY-P	229	Nicholas Skvarna
43547	EXSC	145D	Yoga to feel better, improve overall strength, flexibility, mobility and balance with an emphasis on movement with the breath and core work.	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	MW	CITY-P	229	Nicholas Skvarna
44135	EXSC	145A	Yoga	8/21/2023	12/16/2023	5:30:00 PM	6:55:00 PM	MW	CITY-P	229	Ellen Turkel
44136	EXSC	145B	Yoga	8/21/2023	12/16/2023	5:30:00 PM	6:55:00 PM	MW	CITY-P	229	Ellen Turkel
44137	EXSC	145C	Yoga	8/21/2023	12/16/2023	5:30:00 PM	6:55:00 PM	MW	CITY-P	229	Ellen Turkel
44138	EXSC	145D	Yoga	8/21/2023	12/16/2023	5:30:00 PM	6:55:00 PM	MW	CITY-P	229	Ellen Turkel
43410	EXSC	145A	Yoga to improve your flexibility/mobility, balance and muscular endurance with pose variations for all levels. Emphasis placed on learning the physical postures as well as breathing and meditation techniques. Contact the instructor with any questions - amilburn@sdccd.edu	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	TR	CITY-P	229	Andrea Milburn
43411	EXSC	145B	Yoga to improve your flexibility/mobility, balance and muscular endurance with pose variations for all levels. Emphasis placed on learning the physical postures as well as breathing and meditation techniques. Contact the instructor with any questions - amilburn@sdccd.edu	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	TR	CITY-P	229	Andrea Milburn
43412	EXSC	145C	Yoga to improve your flexibility/mobility, balance and muscular endurance with pose variations for all levels. Emphasis placed on learning the physical postures as well as breathing and meditation techniques. Contact the instructor with any questions - amilburn@sdccd.edu	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	TR	CITY-P	229	Andrea Milburn
43413	EXSC	145D	Yoga to improve your flexibility/mobility, balance and muscular endurance with pose variations for all levels. Emphasis placed on learning the physical postures as well as breathing and meditation techniques. Contact the instructor with any questions - amilburn@sdccd.edu	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	TR	CITY-P	229	Andrea Milburn
43521	EXSC	145A	Get fit and reduce stress with a blend of yoga and Pilates. Improve flexibility, strength, balance, reduce back pain, relax and learn to meditate. Namaste.	8/21/2023	12/16/2023	12:45:00 PM	2:10:00 PM	TR	CITY-P	229	Gabriela Hogan
43522	EXSC	145B	Get fit and reduce stress with a blend of yoga and Pilates. Improve flexibility, strength, balance, reduce back pain, relax and learn to meditate. Namaste.	8/21/2023	12/16/2023	12:45:00 PM	2:10:00 PM	TR	CITY-P	229	Gabriela Hogan
43532	EXSC	145C	Get fit and reduce stress with a blend of yoga and Pilates. Improve flexibility, strength, balance, reduce back pain, relax and learn to meditate. Namaste.	8/21/2023	12/16/2023	12:45:00 PM	2:10:00 PM	TR	CITY-P	229	Gabriela Hogan
43533	EXSC	145D	Yoga	8/21/2023	12/16/2023	12:45:00 PM	2:10:00 PM	TR	CITY-P	229	Gabriela Hogan
43558	EXSC	183A	Beach Volleyball	8/21/2023	12/16/2023	11:30:00 AM	2:30:00 PM	T	CITY	CLSR M	Breeana Reid

43559	EXSC	183B	Beach Volleyball	8/21/2023	12/16/2023	11:30:00 AM	2:30:00 PM	T	CITY	CLSR M	Breeana Reid
43560	EXSC	183C	Beach Volleyball	8/21/2023	12/16/2023	11:30:00 AM	2:30:00 PM	T	CITY	CLSR M	Breeana Reid
43561	EXSC	183D	Beach Volleyball	8/21/2023	12/16/2023	11:30:00 AM	2:30:00 PM	T	CITY	CLSR M	Breeana Reid
44975	HEAL	101	Health	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	TR	CITY	CLSR M	Staff
44973	NUTR	153	Nutrition	8/21/2023	12/16/2023	11:10:00 AM	12:35:00 PM	MW	CITY	CLSR M	Staff
44974	NUTR	153	Nutrition	8/21/2023	12/16/2023	3:55:00 PM	5:20:00 PM	MW	CITY	CLSR M	Staff
43517	EXSC	124A	Reach your fitness goals and have fun doing it with a coach and classmates. We have new machines and equipment in the newly remodeled Fitness Center!	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	MW	CITY- FTCTR	FTCTR	Ellen Turkel
43518	EXSC	124B	Reach your fitness goals and have fun doing it with a coach and classmates. We have new machines and equipment in the newly remodeled Fitness Center!	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	MW	CITY- FTCTR	FTCTR	Ellen Turkel
43519	EXSC	124C	Reach your fitness goals and have fun doing it with a coach and classmates. We have new machines and equipment in the newly remodeled Fitness Center!	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	MW	CITY- FTCTR	FTCTR	Ellen Turkel
43520	EXSC	124D	Reach your fitness goals and have fun doing it with a coach and classmates. We have new machines and equipment in the newly remodeled Fitness Center!	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	MW	CITY- FTCTR	FTCTR	Ellen Turkel
43406	EXSC	124A	Reach your fitness goals and have fun doing it with a coach and classmates. We have new machines and equipment in the newly remodeled Fitness Center!	8/21/2023	12/16/2023	8:00:00 AM	9:25:00 AM	MW	CITY- FTCTR	FTCTR	LeeAnn Taylor
43407	EXSC	124B	Reach your fitness goals and have fun doing it with a coach and classmates. We have new machines and equipment in the newly remodeled Fitness Center!	8/21/2023	12/16/2023	8:00:00 AM	9:25:00 AM	MW	CITY- FTCTR	FTCTR	LeeAnn Taylor
43408	EXSC	124C	Reach your fitness goals and have fun doing it with a coach and classmates. We have new machines and equipment in the newly remodeled Fitness Center!	8/21/2023	12/16/2023	8:00:00 AM	9:25:00 AM	MW	CITY- FTCTR	FTCTR	LeeAnn Taylor
43409	EXSC	124D	Reach your fitness goals and have fun doing it with a coach and classmates. We have new machines and equipment in the newly remodeled Fitness Center!	8/21/2023	12/16/2023	8:00:00 AM	9:25:00 AM	MW	CITY- FTCTR	FTCTR	LeeAnn Taylor
43479	EXSC	154A	Badminton	8/21/2023	12/16/2023	5:30:00 PM	8:50:00 PM	M	CITY- HWGYM	HWG YM	Darby Duprat
43480	EXSC	154B	Badminton	8/21/2023	12/16/2023	5:30:00 PM	8:50:00 PM	M	CITY- HWGYM	HWG YM	Darby Duprat
43481	EXSC	154C	Badminton	8/21/2023	12/16/2023	5:30:00 PM	8:50:00 PM	M	CITY- HWGYM	HWG YM	Darby Duprat
43482	EXSC	154D	Badminton	8/21/2023	12/16/2023	5:30:00 PM	8:50:00 PM	M	CITY- HWGYM	HWG YM	Darby Duprat
43540	EXSC	158A	Basketball	8/21/2023	12/16/2023	3:55:00 PM	5:20:00 PM	TR	CITY- HWGYM	HWG YM	Mitchell Charlens
43541	EXSC	158B	Basketball	8/21/2023	12/16/2023	3:55:00 PM	5:20:00 PM	TR	CITY- HWGYM	HWG YM	Mitchell Charlens
43542	EXSC	158C	Basketball	8/21/2023	12/16/2023	3:55:00 PM	5:20:00 PM	TR	CITY- HWGYM	HWG YM	Mitchell Charlens
43543	EXSC	158D	Basketball	8/21/2023	12/16/2023	3:55:00 PM	5:20:00 PM	TR	CITY- HWGYM	HWG YM	Mitchell Charlens
43461	EXSC	204	For first year eligible intercollegiate women basketball players.	8/21/2023	12/16/2023	11:10:00 AM	12:15:00 PM	MTWRF	CITY- HWGYM	HWG YM	Andrea Aguilar- Montalban
43462	EXSC	205	For second year eligible intercollegiate women's basketball players.	8/21/2023	12/16/2023	11:10:00 AM	12:15:00 PM	MTWRF	CITY- HWGYM	HWG YM	Andrea Aguilar- Montalban
43513	EXSC	204	College basketball	8/21/2023	12/16/2023	1:00:00 PM	2:05:00 PM	MTWRF	CITY- HWGYM	HWG YM	Mitchell Charlens
43514	EXSC	205	College basketball	8/21/2023	12/16/2023	1:00:00 PM	2:05:00 PM	MTWRF	CITY- HWGYM	HWG YM	Mitchell Charlens

43414	EXSC	231A	Emphasizes strategies and conditioning for first year basketball players.	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	TR	CITY- HWGYM	HWG YM	Andrea Aguilar- Montalban
43415	EXSC	231B	Emphasizes strategies and conditioning for second year basketball players.	8/21/2023	12/16/2023	9:35:00 AM	11:00:00 AM	TR	CITY- HWGYM	HWG YM	Andrea Aguilar- Montalban
43491	EXSC	126A	This course is open to all; emphasizes cardio conditioning exercises for baseball.	8/21/2023	12/16/2023	11:10:00 AM	12:35:00 PM	MW	CITY- MORFD	MORF D	Christopher Brown
43436	EXSC	126B	This course is open to all; emphasizes cardio conditioning exercises for baseball.	8/21/2023	12/16/2023	11:10:00 AM	12:35:00 PM	MW	CITY- MORFD	MORF D	Christopher Brown
43437	EXSC	126C	This course is open to all; emphasizes cardio conditioning exercises for baseball.	8/21/2023	12/16/2023	11:10:00 AM	12:35:00 PM	MW	CITY- MORFD	MORF D	Christopher Brown
43438	EXSC	126D	This course is open to all; emphasizes cardio conditioning exercises for baseball.	8/21/2023	12/16/2023	11:10:00 AM	12:35:00 PM	MW	CITY- MORFD	MORF D	Christopher Brown
43417	EXSC	156A	This course emphasizes skill development for competitive baseball.	8/21/2023	10/14/2023	1:30:00 PM	2:55:00 PM	MTWR	CITY- MORFD	MORF D	Christopher Brown
43418	EXSC	156B	This course emphasizes skill development for competitive baseball.	8/21/2023	10/14/2023	1:30:00 PM	2:55:00 PM	MTWR	CITY- MORFD	MORF D	Christopher Brown
43419	EXSC	156C	This course emphasizes skill development for competitive baseball.	8/21/2023	10/14/2023	1:30:00 PM	2:55:00 PM	MTWR	CITY- MORFD	MORF D	Christopher Brown
43420	EXSC	156D	This course emphasizes skill development for competitive baseball.	8/21/2023	10/14/2023	1:30:00 PM	2:55:00 PM	MTWR	CITY- MORFD	MORF D	Christopher Brown
44124	EXSC	234A	Soccer	8/21/2023	12/16/2023	9:35:00 AM	10:45:00 AM	F	CITY- SOCFD	SOCF D	Cameron Roget
44124	EXSC	234A	Soccer	8/21/2023	12/16/2023	9:35:00 AM	10:35:00 AM	MW	CITY- SOCFD	SOCF D	Cameron Roget
44126	EXSC	234B	Soccer	8/21/2023	12/16/2023	9:35:00 AM	10:45:00 AM	F	CITY- SOCFD	SOCF D	Cameron Roget
44126	EXSC	234B	Soccer	8/21/2023	12/16/2023	9:35:00 AM	10:35:00 AM	MW	CITY- SOCFD	SOCF D	Cameron Roget
44102	EXSC	234A	Soccer	8/21/2023	12/16/2023	11:10:00 AM	12:20:00 PM	F	CITY- SOCFD	SOCF D	Christopher Tolles
44102	EXSC	234A	Soccer	8/21/2023	12/16/2023	11:10:00 AM	12:10:00 PM	MW	CITY- SOCFD	SOCF D	Christopher Tolles
44125	EXSC	234B	Soccer	8/21/2023	12/16/2023	11:10:00 AM	12:20:00 PM	F	CITY- SOCFD	SOCF D	Christopher Tolles
44125	EXSC	234B	Soccer	8/21/2023	12/16/2023	11:10:00 AM	12:10:00 PM	MW	CITY- SOCFD	SOCF D	Christopher Tolles
44116	EXSC	166A	Golf	8/21/2023	12/16/2023	1:00:00 PM	4:00:00 PM	T	CITY- SOFFD	SOFF D	LeeAnn Taylor
44117	EXSC	166B	Golf	8/21/2023	12/16/2023	1:00:00 PM	4:00:00 PM	T	CITY- SOFFD	SOFF D	LeeAnn Taylor
44118	EXSC	166C	Golf	8/21/2023	12/16/2023	1:00:00 PM	4:00:00 PM	T	CITY- SOFFD	SOFF D	LeeAnn Taylor
44119	EXSC	166D	Golf	8/21/2023	12/16/2023	1:00:00 PM	4:00:00 PM	T	CITY- SOFFD	SOFF D	LeeAnn Taylor
43497	EXSC	176A	Softball	8/21/2023	12/16/2023	12:45:00 PM	2:10:00 PM	MW	CITY- SOFFD	SOFF D	Alfred Hull
43451	EXSC	176B	Softball	8/21/2023	12/16/2023	12:45:00 PM	2:10:00 PM	MW	CITY- SOFFD	SOFF D	Alfred Hull
43452	EXSC	176C	Softball	8/21/2023	12/16/2023	12:45:00 PM	2:10:00 PM	MW	CITY- SOFFD	SOFF D	Alfred Hull
43453	EXSC	176D	Softball	8/21/2023	12/16/2023	12:45:00 PM	2:10:00 PM	MW	CITY- SOFFD	SOFF D	Alfred Hull

43526	EXSC	126A	This course is open to all; designed for student(s)/athletes interested in both men's and women's Intercollegiate Tennis as well as Kinesiology majors and anyone interested in improving their fitness.	8/21/2023	12/16/2023	12:45:00 PM	2:10:00 PM	TR	CITY- TENCT	TENC T	Brandon Lupian
43527	EXSC	126B	This course is open to all; designed for student(s)/athletes interested in both men's and women's Intercollegiate Tennis as well as Kinesiology majors and anyone interested in improving their fitness.	8/21/2023	12/16/2023	12:45:00 PM	2:10:00 PM	TR	CITY- TENCT	TENC T	Brandon Lupian
43525	EXSC	126C	This course is open to all; designed for student(s)/athletes interested in both men's and women's Intercollegiate Tennis as well as Kinesiology majors and anyone interested in improving their fitness.	8/21/2023	12/16/2023	12:45:00 PM	2:10:00 PM	TR	CITY- TENCT	TENC T	Brandon Lupian
43530	EXSC	126D	This course is open to all; designed for student(s)/athletes interested in both men's and women's Intercollegiate Tennis as well as Kinesiology majors and anyone interested in improving their fitness.	8/21/2023	12/16/2023	12:45:00 PM	2:10:00 PM	TR	CITY- TENCT	TENC T	Brandon Lupian
43534	EXSC	178A	Tennis	8/21/2023	12/16/2023	12:45:00 PM	2:10:00 PM	MW	CITY- TENCT	TENC T	Jami Jones
43535	EXSC	178B	Tennis	8/21/2023	12/16/2023	12:45:00 PM	2:10:00 PM	MW	CITY- TENCT	TENC T	Jami Jones
43536	EXSC	178C	Tennis	8/21/2023	12/16/2023	12:45:00 PM	2:10:00 PM	MW	CITY- TENCT	TENC T	Jami Jones
43537	EXSC	178D	Tennis	8/21/2023	12/16/2023	12:45:00 PM	2:10:00 PM	MW	CITY- TENCT	TENC T	Jami Jones
44152	EXSC	179A	Pickleball	8/21/2023	12/16/2023	9:00:00 AM	12:20:00 PM	S	CITY- TENCT	TENC T	Nicholas Skvarna
44153	EXSC	179B	Pickleball	8/21/2023	12/16/2023	9:00:00 AM	12:20:00 PM	S	CITY- TENCT	TENC T	Nicholas Skvarna
44154	EXSC	179C	Pickleball	8/21/2023	12/16/2023	9:00:00 AM	12:20:00 PM	S	CITY- TENCT	TENC T	Nicholas Skvarna
44155	EXSC	179D	Pickleball	8/21/2023	12/16/2023	9:00:00 AM	12:20:00 PM	S	CITY- TENCT	TENC T	Nicholas Skvarna
43483	EXSC	206	For first year eligible intercollegiate women's cross country runners.	8/14/2023	12/9/2023	8:30:00 AM	10:40:00 AM	F	CITY- FTCTR	HWG FTCTR	Marco Anzures
43483	EXSC	206	For first year eligible intercollegiate women's cross country runners.	8/14/2023	12/9/2023	1:30:00 PM	3:30:00 PM	MTWR	CITY- FTCTR	HWG FTCTR	Marco Anzures
43485	EXSC	207	For second year eligible intercollegiate women's cross country runners.	8/14/2023	12/9/2023	8:30:00 AM	10:40:00 AM	F	CITY- FTCTR	HWG FTCTR	Marco Anzures
43485	EXSC	207	For second year eligible intercollegiate women's cross country runners.	8/14/2023	12/9/2023	1:30:00 PM	3:30:00 PM	MTWR	CITY- FTCTR	HWG FTCTR	Marco Anzures
43484	EXSC	206	For first year eligible intercollegiate men's cross country runners.	8/14/2023	12/9/2023	8:30:00 AM	10:40:00 AM	F	CITY- FTCTR	HWG FTCTR	Philip Dunn
43484	EXSC	206	For first year eligible intercollegiate men's cross country runners.	8/14/2023	12/9/2023	1:45:00 PM	3:45:00 PM	MTWR	CITY- FTCTR	HWG FTCTR	Philip Dunn
43486	EXSC	207	For second year eligible intercollegiate men's cross country runners.	8/14/2023	12/9/2023	8:30:00 AM	10:40:00 AM	F	CITY- FTCTR	HWG FTCTR	Philip Dunn
43486	EXSC	207	For second year eligible intercollegiate men's cross country runners.	8/14/2023	12/9/2023	1:45:00 PM	3:45:00 PM	MTWR	CITY- FTCTR	HWG FTCTR	Philip Dunn
43464	EXSC	224	For first year eligible intercollegiate women's volleyball players.	8/14/2023	12/9/2023	9:00:00 AM	11:10:00 AM	F	CITY- HWGYM	HWG YM	Audra Dent
43464	EXSC	224	For first year eligible intercollegiate women's volleyball players.	8/14/2023	12/9/2023	9:00:00 AM	11:00:00 AM	MTWR	CITY- HWGYM	HWG YM	Audra Dent
43465	EXSC	225	For second year eligible intercollegiate women's volleyball players.	8/14/2023	12/9/2023	9:00:00 AM	11:10:00 AM	F	CITY- HWGYM	HWG YM	Audra Dent
43465	EXSC	225	For second year eligible intercollegiate women's volleyball players.	8/14/2023	12/9/2023	9:00:00 AM	11:00:00 AM	MTWR	CITY- HWGYM	HWG YM	Audra Dent

43487	EXSC	214	For first year eligible intercollegiate women's soccer players.	8/14/2023	11/18/2023	11:10:00 AM	12:55:00 PM	MWR	CITY-SOCFD	SOCF D	Cameron Roget
43487	EXSC	214	For first year eligible intercollegiate women's soccer players.	8/14/2023	11/18/2023	11:10:00 AM	12:10:00 PM	TF	CITY-SOCFD	SOCF D	Cameron Roget
43489	EXSC	215	For second year eligible intercollegiate women's soccer players.	8/14/2023	11/18/2023	11:10:00 AM	12:55:00 PM	MWR	CITY-SOCFD	SOCF D	Cameron Roget
43489	EXSC	215	For second year eligible intercollegiate women's soccer players.	8/14/2023	11/18/2023	11:10:00 AM	12:00:00 PM	TF	CITY-SOCFD	SOCF D	Cameron Roget
43488	EXSC	214	For first year eligible intercollegiate men's soccer players.	8/14/2023	11/18/2023	12:35:00 PM	2:20:00 PM	MWR	CITY-SOCFD	SOCF D	Christopher Tolles
43488	EXSC	214	For first year eligible intercollegiate men's soccer players.	8/14/2023	11/18/2023	12:30:00 PM	1:30:00 PM	TF	CITY-SOCFD	SOCF D	Christopher Tolles
43490	EXSC	215	For second year eligible intercollegiate men's soccer players.	8/14/2023	11/18/2023	12:35:00 PM	2:20:00 PM	MWR	CITY-SOCFD	SOCF D	Christopher Tolles
43490	EXSC	215	For second year eligible intercollegiate men's soccer players.	8/14/2023	11/18/2023	12:30:00 PM	1:30:00 PM	TF	CITY-SOCFD	SOCF D	Christopher Tolles
43503	EXSC	124A	This class is remote. For more information, please contact the instructor - pgreer@sdccd.edu	8/21/2023	10/14/2023				CITY-WEB	WEB	Dede Bodnar
43504	EXSC	124B	This class is remote. For more information, please contact the instructor - pgreer@sdccd.edu	8/21/2023	10/14/2023				CITY-WEB	WEB	Dede Bodnar
43505	EXSC	124C	This class is remote. For more information, please contact the instructor - pgreer@sdccd.edu	8/21/2023	10/14/2023				CITY-WEB	WEB	Dede Bodnar
43506	EXSC	124D	This class is remote. For more information, please contact the instructor - pgreer@sdccd.edu	8/21/2023	10/14/2023				CITY-WEB	WEB	Dede Bodnar
43446	EXSC	139A	Weight Training	8/21/2023	10/14/2023				CITY-WEB	WEB	Mitchell Charlens
43447	EXSC	139B	Weight Training	8/21/2023	10/14/2023				CITY-WEB	WEB	Mitchell Charlens
43448	EXSC	139C	Weight Training	8/21/2023	10/14/2023				CITY-WEB	WEB	Mitchell Charlens
43449	EXSC	139D	Weight Training	8/21/2023	10/14/2023				CITY-WEB	WEB	Mitchell Charlens
44111	EXSC	145A	Yoga	8/21/2023	12/16/2023				CITY-WEB	WEB	Lucero Gonzalez
44112	EXSC	145B	Yoga	8/21/2023	12/16/2023				CITY-WEB	WEB	Lucero Gonzalez
44113	EXSC	145C	Yoga	8/21/2023	12/16/2023				CITY-WEB	WEB	Lucero Gonzalez
44114	EXSC	145D	Yoga	8/21/2023	12/16/2023				CITY-WEB	WEB	Lucero Gonzalez
43440	EXSC	147A		8/21/2023	12/16/2023				CITY-WEB	WEB	Gabriela Hogan
43441	EXSC	147B		8/21/2023	12/16/2023				CITY-WEB	WEB	Gabriela Hogan
43442	EXSC	147C		8/21/2023	12/16/2023				CITY-WEB	WEB	Gabriela Hogan
43443	EXSC	147D		8/21/2023	12/16/2023				CITY-WEB	WEB	Gabriela Hogan
43556	EXSC	240	Elementary in PE	8/21/2023	12/16/2023				CITY-WEB	WEB	LeeAnn Taylor
43512	EXSC	241B	Intro to Kinesiology	8/21/2023	10/14/2023				CITY-WEB	WEB	Dede Bodnar
43421	HEAL	101	Health	8/21/2023	10/14/2023				CITY-WEB	WEB	Mitchell Charlens
43423	HEAL	101	Health	8/21/2023	12/16/2023				CITY-WEB	WEB	Paul Greer
43470	HEAL	101	Health	8/21/2023	12/16/2023				CITY-WEB	WEB	Ellen Turkel
43426	NUTR	150	Nutrition	8/21/2023	12/16/2023				CITY-WEB	WEB	Staff
43492	NUTR	150	Nutrition	8/21/2023	10/14/2023				CITY-WEB	WEB	LeeAnn Taylor
45045	EXSC	142	Fully online. Students will complete each week's workouts independently and log their progress using a fitness tracking app/device. Trail hiking, urban hiking, walking, or jogging will all be acceptable. Assignments will be submitted via canvas on a weekly basis to help hold you accountable in meeting your fitness goals. Students must have a phone app (can be downloaded for free!) or fitness tracking device such as a FitBit, Apple Watch or Garmin. Contact the instructor, amilburn@sdccd.edu, with any questions	9/18/2023	11/9/2023				CITY-WEB	WEB	Andrea Milburn

43439	EXSC	142	Fully online. Students will complete each week's workouts independently and log their progress using a fitness tracking app/device. Trail hiking, urban hiking, walking, or jogging will all be acceptable. Assignments will be submitted via canvas on a weekly basis to help hold you accountable in meeting your fitness goals. Students must have a phone app (can be downloaded for free!) or fitness tracking device such as a FitBit, Apple Watch or Garmin. Contact the instructor, amilburn@sdccd.edu, with any questions	9/18/2023	11/11/2023						Staff
45043	EXSC	142	Fully online. Students will complete each week's workouts independently and log their progress using a fitness tracking app/device. Trail hiking, urban hiking, walking, or jogging will all be acceptable. Assignments will be submitted via canvas on a weekly basis to help hold you accountable in meeting your fitness goals. Students must have a phone app (can be downloaded for free!) or fitness tracking device such as a FitBit, Apple Watch or Garmin. Contact the instructor, amilburn@sdccd.edu, with any questions	9/18/2023	11/10/2023						Staff
43463	HEAL	101	Health	9/25/2023	10/21/2023				CITY-WEB	WEB	Dede Bodnar
43432	EXSC	156A	This course emphasizes skill development for competitive baseball.	10/16/2023	12/16/2023	1:30:00 PM	2:55:00 PM	MTWR	CITY-MORFD	MORF D	Christopher Brown
43433	EXSC	156B	This course emphasizes skill development for competitive baseball.	10/16/2023	12/16/2023	1:30:00 PM	2:55:00 PM	MTWR	CITY-MORFD	MORF D	Christopher Brown
43434	EXSC	156C	This course emphasizes skill development for competitive baseball.	10/16/2023	12/16/2023	1:30:00 PM	2:55:00 PM	MTWR	CITY-MORFD	MORF D	Christopher Brown
43435	EXSC	156D	This course emphasizes skill development for competitive baseball.	10/16/2023	12/16/2023	1:30:00 PM	2:55:00 PM	MTWR	CITY-MORFD	MORF D	Christopher Brown
43562	EXSC	237A	Emphasizes theories/ strategies and conditioning for first year tennis players.	10/16/2023	12/16/2023	2:20:00 PM	3:45:00 PM	MTWR	CITY-TENCT	TENC T	Brandon Lupian
43563	EXSC	237B	Emphasizes theories/ strategies and conditioning for second year tennis players.	10/16/2023	12/16/2023	2:20:00 PM	3:45:00 PM	MTWR	CITY-TENCT	TENC T	Brandon Lupian
43445	EXSC	237A	Emphasizes theories/ strategies and conditioning for first year tennis players.	10/16/2023	12/16/2023	2:20:00 PM	3:45:00 PM	MTWR	CITY-TENCT	TENC T	Jami Jones
43444	EXSC	237B	Emphasizes theories/ strategies and conditioning for second year tennis players.	10/16/2023	12/16/2023	2:20:00 PM	3:45:00 PM	MTWR	CITY-TENCT	TENC T	Jami Jones
44103	EXSC	124A	Exercise	10/16/2023	12/16/2023				CITY-WEB	WEB	Paul Greer
44104	EXSC	124B	Exercise	10/16/2023	12/16/2023				CITY-WEB	WEB	Paul Greer
44105	EXSC	124C	Exercise	10/16/2023	12/16/2023				CITY-WEB	WEB	Paul Greer
44106	EXSC	124D	Exercise	10/16/2023	12/16/2023				CITY-WEB	WEB	Paul Greer
43428	EXSC	126A	Emphasizes various formats of cardio drills and full body conditioning.	10/16/2023	12/16/2023				CITY-WEB	WEB	LeeAnn Taylor
43429	EXSC	126B	Emphasizes various formats of cardio drills and full body conditioning.	10/16/2023	12/16/2023				CITY-WEB	WEB	LeeAnn Taylor
43430	EXSC	126C	Emphasizes various formats of cardio drills and full body conditioning.	10/16/2023	12/16/2023				CITY-WEB	WEB	LeeAnn Taylor
43431	EXSC	126D	Emphasizes various formats of cardio drills and full body conditioning.	10/16/2023	12/16/2023				CITY-WEB	WEB	LeeAnn Taylor
44107	EXSC	139A	Weight Training	10/16/2023	12/16/2023				CITY-WEB	WEB	Christopher Brown
44108	EXSC	139B	Weight Training	10/16/2023	12/16/2023				CITY-WEB	WEB	Christopher Brown
44109	EXSC	139C	Weight Training	10/16/2023	12/16/2023				CITY-WEB	WEB	Christopher Brown
44110	EXSC	139D	Weight Training	10/16/2023	12/16/2023				CITY-WEB	WEB	Christopher Brown
43450	EXSC	142	Fully online. Students will complete each week's workouts independently and log their progress using a fitness tracking app/device. Trail hiking, urban hiking, walking, or jogging will all be acceptable. Assignments will be submitted via canvas on a weekly basis to help hold you accountable in meeting your fitness goals. Students must have a phone app (can be downloaded for free!) or fitness tracking device such as a FitBit, Apple Watch or Garmin. Contact the instructor, amilburn@sdccd.edu, with any questions	10/16/2023	12/16/2023				CITY-WEB	WEB	Andrea Milburn
43425	HEAL	101	Health	10/16/2023	12/16/2023				CITY-WEB	WEB	Mitchell Charlens
43515	NUTR	150	Nutrition	10/16/2023	12/16/2023				CITY-WEB	WEB	Gabriela Hogan

43516	NUTR	150	Nutrition	10/16/2023	12/16/2023	CITY-WEB	WEB	Staff
44175	NUTR	153	Nutrition	10/16/2023	12/16/2023	CITY-WEB	WEB	Staff
43493	NUTR	170	Nutrition	10/16/2023	12/16/2023	CITY-WEB	WEB	Gabriela Hogan