(Honors-only) PEX 182 Class:

Obstacle Course Training

Each semester, you assert your mental toughness in demanding Honors courses. Ready to test your grit in another arena? Join us for this Honors-Only PEX Course. We'll be literally overcoming obstacles together as we learn about all around wellness from our Camp Rhino instructor. HOOAH.

Class Description:
This class will develop student’s skills to compete in obstacle course races and general physical awareness. Obstacle Course Training offers a progressive format to help you learn how to safely move up, over, around or through obstacles while focusing on cardiovascular and strength training.

Class Details: Fall 2015
- PEX 182—Obstacle Course Training
  - 1 credit, graded.
- Times: 3 Sections (20 seats per section)
  - M/W 3:30—4:20
  - M/W 4:30—5:20
  - M/W 5:30—6:20
- Dates: 8/24/15
- Instructor: Will Swope (Camp Rhino)
- Location: Camp Rhino
  6635 S Eastern Ave, Ste 101