

# Discover the Social, Emotional, and Physical Benefits of PEGN Physical Activity Classes



## DO YOU NEED A 1 OR 2 CREDIT CLASS?

All PEGN classes fulfill the Area V-Group A (Self and Well Being) General Education Requirement for students

## PHYSICAL ACTIVITY COURSES PEGN CLASSES - All 1 or 2 credits

- Large variety of classes - something for everyone!  
Dance, Aquatics, Sports, Health/Fitness, Safety, Wellness
- 8 credits of PEGN courses can be used for graduation req.
- You can take each PEGN activity course two times each (same course) and receive credit each time.
- All levels and abilities welcome.
- Convenient schedules - weekend only classes, 6 weeks classes, classes starting late in the semester, on and off campus.
- Learn about health and fitness - Get active!

Questions?

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Listing of all courses:

[emich.edu/chhs/hphp/activity/index.php](http://emich.edu/chhs/hphp/activity/index.php)

