

# GET FIT!! STAY FIT!! GET UNITS!!

- Work out on your own time—before & after your classes!
  - Free to choose how you work out & for how long!
    - Cabrillo instructors keep you motivated!

**CHOOSE FROM ONE OF THESE COURSES:  
KIN 20L, KIN 22L, KIN 23A, KIN 23B, KIN 24L  
NO ADD CODE NEEDED!**

**Gym Hours:  
M-TH 6:30am - 7:00pm  
FRI 6:30am - 12:30pm & SAT 8:00am - 1:00pm**



[www.cabrillo.edu/wellness](http://www.cabrillo.edu/wellness)



The Wellness Education Center gym is located next to Parking Garage P on the Aptos Campus

**Is this your first time in the  
Wellness Education Center Gym??**

**Enroll in KIN 24L – Lifetime Fitness**

**Pick a section number based on the number of hours  
you will work out this semester.**

<b>Units</b>	<b>Section #</b>	<b>Hours you will work out at the gym</b>
<b>.5</b>	<b>99682</b>	<b>27</b>
<b>1.0</b>	<b>99683</b>	<b>54</b>
<b>1.5</b>	<b>99684</b>	<b>81</b>
<b>2.0</b>	<b>99685</b>	<b>108</b>

**See next page for all available sections**

**Wellness Education Center  
"The WEC"  
Get Fit and Get Credit!**

**KIN 20L Aerobic Fitness**

Provides supervision in developing and maintaining a personal aerobic fitness program in the Wellness Education Center.  
 Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99670	Arr.	Arr.	0.50	O.Killefer	HW1138
27 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 11/18.					
99671	Arr.	Arr.	1.00	O.Killefer	HW1138
54 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 11/18.					
99672	Arr.	Arr.	1.50	O.Killefer	HW1138
81 hr arranged. To get started, go to HW1138 for mandatory orientation. To successfully complete the 81 arranged hours for this course, it is recommended that you enroll no later than 9/30.					
99673	Arr.	Arr.	2.00	O.Killefer	HW1138
108 hr arranged. To get started, go to HW1138 for mandatory orientation. To successfully complete the 108 arranged hours for this course, it is recommended that you enroll no later than 9/30.					

**KIN 22L Strength Training**

Provides supervision in developing and maintaining a personal strength training program in the Wellness Education Center.  
 Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99674	Arr.	Arr.	0.50	A.Marcopulos	HW1138
27 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 11/18.					
99675	Arr.	Arr.	1.00	A.Marcopulos	HW1138
54 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 11/18.					
99676	Arr.	Arr.	1.50	A.Marcopulos	HW1138
81 hr arranged. To get started, go to HW1138 for mandatory orientation. To successfully complete the 81 arranged hours for this course, it is recommended that you enroll no later than 9/30.					
99677	Arr.	Arr.	2.00	A.Marcopulos	HW1138
108 hr arranged. To get started, go to HW1138 for mandatory orientation. To successfully complete the 108 arranged hours for this course, it is recommended that you enroll no later than 9/30.					

**KIN 23A Fitness and Conditioning I**

Provides supervision in developing and maintaining a fitness and conditioning program in the Wellness Education Center.  
 Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99678	Arr.	Arr.	0.50	A.Marcopulos	HW1138
27 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 11/18.					
99679	Arr.	Arr.	1.00	A.Marcopulos	HW1138
54 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 11/18.					

**KIN 23B Fitness and Conditioning II**

Provides the opportunity to continue to develop an individualized fitness and conditioning program to meet desired training goals in the Fitness Education Center.  
 Prerequisite: KIN 23A  
 Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99680	Arr.	Arr.	0.50	A.Marcopulos	HW1138
27 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 11/18.					
99681	Arr.	Arr.	1.00	A.Marcopulos	HW1138
54 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 11/18.					

**KIN 24L Lifetime Fitness**

Provides supervision in developing and maintaining an individualized fitness program in the Wellness Education Center.  
 Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99682	Arr.	Arr.	0.50	O.Killefer	HW1138
27 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 11/18.					
99683	Arr.	Arr.	1.00	O.Killefer	HW1138
54 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 11/18.					
99684	Arr.	Arr.	1.50	O.Killefer	HW1138
81 hr arranged. To get started, go to HW1138 for mandatory orientation. To successfully complete the 81 arranged hours for this course, it is recommended that you enroll no later than 9/30.					
99685	Arr.	Arr.	2.00	O.Killefer	HW1138
108 hr arranged. To get started, go to HW1138 for mandatory orientation. To successfully complete the 108 arranged hours for this course, it is recommended that you enroll no later than 9/30.					