

Instructor Name: **Steiger, Aida**
 Email: **aantanav@jeffco.edu**
 Phone: **636-481-3390**

Full-time Faculty 10 Office Hours – Fall 2026

Courses		
CRN	Subject / Course #	Course Name
20456	HPE 130-52	Personal Health
28170	HPE 106-06	Weight Training I

Courses		
CRN	Subject / Course #	Course Name
22028	HPE 130-53	Personal Health
22676	HPE 130-51	Personal Health

Courses		
CRN	Subject / Course #	Course Name
27701	HPE 106-05	Weight Training I
27702	HPE 206-05	Weight Training II

Time	Day	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 a.m.						
8:00 a.m.						Virtual Office Hours 8:00 – 9:00 a.m. aantanav@jeffco.edu
9:00 a.m.						
10:00 a.m.						
11:00 a.m.			Office Hours 11:30 – 12:30 p.m. FH 126	Office Hours 11:00 – 12:00 p.m. FH 126		
12:00 p.m.						
1:00 p.m.		Office Hours 1:00 – 3:00 p.m. FH 126	Office Hours 1:00 – 3:00 p.m. FH 126		Office Hours 1:30 – 4:30 p.m. FH 126	
2:00 p.m.						
3:00 p.m.						
4:00 p.m.						
5:00 p.m.						