Abs and More: This course focuses predominantly on strengthening your abdominals, but other muscle groups will also be targeted. Weights, stability balls, bands, rings, and even your own body weight will be utilized to ensure that you leave feeling great. This class will include minimal cardiovascular training and is suitable for all levels.

3583  TuTh 8:00-8:50am Health and Learning Center $40
2435  MW 9:10-10:00am Health and Learning Center $40

Aikido: Aikido is a traditional Japanese martial art with an emphasis on the internal and external strengths of flexibility, timing, control and modesty. Outcomes include proper falling skills (Ukemi) and basic movement skills, as well as traditional techniques and their applications.

2375  W 3:00-4:30pm $55 Rolle Activity Center

Aqua Zumba: this course contains Latin dance moves, including salsa, cumbia, mambo and others with an infusion of hip hop into an easy to follow, fun and effective workout in the water. It is a low-impact, high-energy aquatic exercise.

4446  TTH 5:30-6:20pm Aquatic and Tennis Complex $55

Ballet/Jazz/Hip-Hop: This course is an all-levels dance class that will incorporate technique and choreography of various dance styles. The course begins by building a base of fundamental ballet technique before progressing into contemporary/lyrical, jazz, and hip hop, spending a few weeks on each style. Students will have fun learning short pieces of choreography along with the fundamentals of these different forms of dance.

2414  MW 7:40-8:30pm Rolle Activity Center $35

Basketball: This course offers individual and team participation in drills, games, tournament play and skill development. Students will obtain the knowledge of current basketball rules and fundamentals including offense and defense positions, dribbling, passing, shooting and rebounding through drills and game play.

4413 MW 10:30-12:00pm 2nd 8 weeks Health and Learning Center $35
2390 MW 11:00-12:30am 1st 8 weeks Rolle Activity Center $35
2434 MW 11:00-12:30am 2nd 8 weeks Rolle Activity Center $35
**Body Sculpt:** This course will focus on strength training and will utilize weights, bars, BOSU’s, resistance bands and much more to strengthen and tone your entire body. This class will include minimal cardiovascular training and is suitable for all levels.  
3581 MW 2:10-3:00pm Health and Learning Center $40  
3585 TTH 10:30-11:20am Health and Learning Center $40

**Boxing:** This course is designed to give you an alternative, yet challenging workout. The workouts will consist of non-contact basic techniques, numerous offensive and defensive drills as well as many other aspects of boxing.  
9219 TTH 10:30-11:20am Health and Learning Center $40

**Bootcamp:** This course is a strength and conditioning program designed to improve cardiovascular and respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance and accuracy. Prepare yourself for a high intensity workout as this class is best suited for students who are already following a fitness routine (intermediate and up).  
2385 MW 8:00-8:50am Health and Learning Center $40  
3592 MW 10:40-11:30am Rolle Activity Center $40  
3594 TTH 11:11-11:50am Rolle Activity Center $40

**Intro to Bouldering:** This comprehensive course covers basic climbing movement, and is an excellent introduction to the sport of bouldering. The class provides each participant with a solid understanding of balance, techniques, and safety. Upon completion of this class, the lessons learned can be applied to any type of rock climbing. This course is held off campus at Beta Bouldering Gym. Transportation is not provided by NAU.  
2380 MW 9:00-10:30am 1st 8 weeks Off Campus $180  
4801 TTH 9:00-10:30am 1st 8 weeks Off Campus $180

**Intermediate Bouldering:** This course is an intermediate level climbing course and expands on the Intro to Bouldering course. It is recommended that students have prior bouldering experience as they continue to work on balance, techniques, and safety.  
2386 MW 9:00-10:30am 2nd 8 weeks Off Campus $180  
2387 TTH 9:00-10:30am 2nd 8 weeks Off Campus $180

**Brazilian Jiu Jitsu:** In this course, student will practice the martial art of Brazilian Jiu Jitsu which is a self-defense system that focuses on leverage to give an advantage to smaller weaker individuals. The class will emphasize safety and teach various techniques used in the practice. This course is held off campus at Flagstaff Jiu Jitsu. Transportation is not provided by NAU.  
2439 MW 4:00-5:30pm 1st 8 weeks Off Campus $75  
2448 MW 4:00-5:30pm 2nd 8 weeks Off Campus $75

**Cardio Strength:** This course is designed to challenge you as well as tighten and tone your body by incorporating resistance training, using weights, bands, stability balls and more. In addition the class will focus on cardiovascular fitness levels through a variety of high intensity exercises.  
2483 MW 10:20-11:10am Health and Learning Center $40

**Chinese Martial Arts:** This course is an introduction to traditional Shaolin kung fu training, as well as it's history and culture. Students will learn proper striking, blocking, stances, and practical self defense techniques. Students will develop increased flexibility, strength, balance, focus, endurance, and confidence. Traditional Chinese Medicine/five element theory will also be introduced. Classes held off campus at Sacred Mountain Fighting and Healing Arts just north of campus on S. San Francisco St.  
3582 TTH 9:10-10:00am Off Campus $75
**Cross Train Fitness:** This course is a strength and conditioning program. It consists of a high intensity/low volume approach. This full body exercise class will challenge every muscle in your body. Class includes but is not limited to: Body Weight exercises, Free weights, Kettle Bells, Olympic lifts, bars and machines. Exercise sessions will be scaled and modified to the individual’s capabilities. Classes held off campus at Summit Health and Fitness. *Transportation is not provided by NAU.
3148  TTH 2:30-3:20pm Off campus $65
2449  MW 2:30-3:20pm Off campus $65

**CrossFit:** This course will introduce you to the basics of CrossFit and is scalable to anyone’s fitness level. We will use functional movements, variance in programming, and intensity to maximize your fitness results. You will learn correct weight lifting, basic gymnastics, as well as Olympic Weightlifting mechanics. Classes are held off campus at CrossFit Flagstaff. *Transportation not provided by NAU.
2394  MW 10:20-11:10am Off Campus $100

**CrossFit 2:** This course will take you through more than just the basics of CrossFit. It is highly recommended that you have prior CrossFit experience or have taken the PES CrossFit class. You will refine your form and knowledge in weight lifting, basic gymnastics, as well as the Olympic Lifts. We will use functional movements, variance in programming, and intensity to maximize your fitness results. Classes are held off campus at CrossFit Flagstaff. *Transportation not provided by NAU.
3180  TTH 10:20-11:10am Off Campus $100

**Core Strength:** This course will increase strength and tone of the core/interior muscles of the body. This class will help work your entire core while learning new exercises that go beyond the basic crunches and stomach exercises. Through the use of functional, resistance and weight training, you will work the abdominal region, hips, glutes, back, thighs and chest.
2396   MW 5:00-5:50pm Rolle Activity Center $40

**Intro to Diving:** This course offers an introduction to springboard diving where you will learn basic techniques to learn new dives. The class will also emphasize diving drills, core workouts, and flexibility.
2480   MW 11:00-12:30pm 2nd 8 weeks Aquatic and Tennis Complex $55

**Beg/Int Fencing:** This course introduces and practices the art of classical and Modern Style Fencing using the Foil. Emphasis will be given to the classical French system. Offensive and defensive strategies will be explored. Intermediate students will further refine their skills and also explore the epee and saber.
2416   TTH 11:00-11:50am Rolle Activity Center $50

**English Riding Instruction:** This course is designed for the novice or beginner who has had little to no riding experience. Students will learn to ride horses utilizing English riding equipment or style. The class with emphasize on control, safety and balance during specific riding arena exercises. The course is held off campus about 20 minutes east of campus (driving). *Transportation is not provided by NAU.
2475 TTH 9:30-12:00pm 1st 8 weeks Off Campus $520

**Fit for Duty:** This course emphasizes physical conditioning to build functional and motor fitness to meet the demands of jobs in emergency services. Students will build capacity in the areas of body composition, speed and agility, flexibility, muscular strength, and cardiovascular endurance.
2432 MWF 8:00-8:50am (8/29-11/11) Health and Learning Center $45
**Fitness & Conditioning:** This course is designed to develop realistic personal fitness goals and to design and implement a fitness program based on these goals. Classes are led by personal trainers who will provide mini-lectures and optional workouts. A pre and post fitness assessment will be given. This is not a group exercise class and is suitable for all fitness levels.

<table>
<thead>
<tr>
<th>Time</th>
<th>Days</th>
<th>Course Code</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00</td>
<td>MW</td>
<td>2379</td>
<td>9:00-9:50am</td>
</tr>
<tr>
<td>10:00</td>
<td>MW</td>
<td>2382</td>
<td>10:00-10:50am</td>
</tr>
<tr>
<td>11:00</td>
<td>MW</td>
<td>2389</td>
<td>11:00-11:50am</td>
</tr>
<tr>
<td>1:10</td>
<td>MW</td>
<td>4513</td>
<td>1:10-2:00pm</td>
</tr>
</tbody>
</table>

(All classes held at the Health and Learning Center $45)

**Fitness Walking:** This course is designed using our natural environment as our classroom to increase awareness related to benefits achieved through walking with a purpose which include, cardiovascular and muscle endurance, muscular strength and flexibility. Various urban trail systems around campus and Flagstaff will be used for the class. (Transportation not provided, but carpools encouraged).

<table>
<thead>
<tr>
<th>Time</th>
<th>Days</th>
<th>Course Code</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:30</td>
<td>TTH</td>
<td>2489</td>
<td>4:30-6:00pm</td>
</tr>
</tbody>
</table>

1st 8 weeks Health and Learning Center $35

**Intro to Golf:** This course will provide students with basic knowledge and fundamentals of golf. It will focus on improving skills needed to play the game as well as give a basic understanding of the rules. The class will also look at etiquette and safety needed to enjoy the game at any level. Classes are held at the Continental Country Club and clubs will be available for use if you don't have your own, however, there will be one day of the class where you may need to rent clubs if you don't have them. *Transportation is not provided.*

<table>
<thead>
<tr>
<th>Time</th>
<th>Days</th>
<th>Course Code</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:30</td>
<td>MW</td>
<td>2403</td>
<td>1:30-3:00pm</td>
</tr>
</tbody>
</table>

1st 8 weeks Off Campus $295

**Intermediate Golf:** This course will focus on enhancing knowledge and skills of golf. It will work on fundamentals, improvement of skills, etiquette and skills of the game. Pre-requisite: Must be able to hit the ball 120 yards and make consistent contact with the ball. You must provide your own clubs. Classes are held at the Continental Country Club. *Transportation is not provided.*

<table>
<thead>
<tr>
<th>Time</th>
<th>Days</th>
<th>Course Code</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30</td>
<td>MW</td>
<td>2427</td>
<td>9:30-11:00am</td>
</tr>
</tbody>
</table>

1st 8 weeks Off campus $295

**Group Fitness Instructor Training (F.I.T.):** This course is designed to provide theoretical knowledge and practical skills in preparation to become a group fitness instructor. Topics include guidelines for instructing safe, effective, and purposeful exercise, essentials of class structure, music selection, cueing, injury prevention and designing and implementing appropriate exercises throughout a workout. Students will learn to teach Step, Kickboxing, Resistance Training, Flexibility, and Aqua Fitness and Indoor Cycling.

<table>
<thead>
<tr>
<th>Time</th>
<th>Days</th>
<th>Course Code</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00</td>
<td>MW</td>
<td>2485</td>
<td>9:00-10:30pm</td>
</tr>
<tr>
<td>3:30-5:00pm</td>
<td>TTH</td>
<td>2879</td>
<td>3:30-5:00pm</td>
</tr>
</tbody>
</table>

1st 8 weeks Health and Learning Center $45

**Group Fitness Instructor Training (F.I.T.) Mind and Body:**
This course is designed to provide theoretical knowledge and practical skills in preparation to become a mind/body group fitness instructor. Topics include guidelines for instructing safe, effective, and purposeful exercises and poses, essentials of class structure, effective cueing using inclusive language, injury prevention and identification of the different mind/body formats. Students will learn to teach Level 1 Yoga and Mat Pilates.

<table>
<thead>
<tr>
<th>Time</th>
<th>Days</th>
<th>Course Code</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:30-5:00pm</td>
<td>MW</td>
<td>2888</td>
<td>3:30-5:00pm</td>
</tr>
<tr>
<td>9:00-10:30am</td>
<td>MW</td>
<td>2477</td>
<td>9:00-10:30am</td>
</tr>
</tbody>
</table>

1st and 2nd 8 weeks Health and Learning Center $45

**Horsemanship:** This course offers students a basic understanding of the various components of horse ownership and care. This course is focused primarily on groundwork and provides an overview of understanding horse psychology, safety techniques and key elements of horse ownership. The course is held off campus about 20 minutes east of campus (driving). Transportation is not provided by NAU.
Hydrobics: This course is an instructor led and music driven water aerobics class. It incorporates the water's natural resistance for muscle toning, balance, flexibility, and cardiovascular conditioning. Participants will be exposed to shallow and deep water aerobic exercises.

Indoor Cycling: This course will bring your outdoor cycling training indoors and is geared to both the beginner & elite participant. You will experience athletic, adrenaline pumping, cycling drills, all done to motivational music within a group setting.

Jazzercise: In this course you can burn up to 600 calories in each fun and powerfully effective total body workout. Every Jazzercise class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of dance, resistance training, Pilates, yoga, and kickboxing. Start dancing yourself fit and change the shape of your body today!

Judo: This course seeks to introduce the basic concepts of judo. It will focus on basic throws and mat work as well as the history of judo and terminology associated with the sport. This course is appropriate for all levels. Students will be required to wear a gi. Gi’s can be purchased during class, but it is not included in class fee.

Beginning Karate: This course is an introduction to Karate and its numerous techniques including Shotokan, Kihon, Kata and Kumite. Students will also learn Japanese etiquette, Japanese terminology and the evolution of martial arts and Shotokan Karate.

Kickboxing: This course teaches basic kickboxing skills, safety and techniques. It will incorporate combinations along with body weight exercises to improve cardiovascular endurance and strength. There will be a heavy emphasis on reaction based partner drills using strike pads. This is not your typical rhythmic kickboxing class but features exciting adrenaline based drills.

Advanced Lap Swim: This course is designed as a lap swimming course; students should expect to swim 1800-2200 meters per 50 minute class. Some classes will be spent on technique work but the majority of the time will be spent swimming laps. This is the class for students who have prior competitive swimming experience.

Intermediate Lap Swim: This course is designed as a lap swimming course; students should expect to swim at least 1200 (approximately 3/4 mile) meters per 50 minute class. Some class times will be spent on technique work but the majority of the time will be spent swimming laps. This is the class for students who have prior competitive swimming experience.
Racquetball: In this course students will gain an understanding of the basic rules and regulations of racquetball, learn fundamental strokes, learn shot selection, learn strategies for singles and doubles play, learn and apply sports terminology, and gain awareness of safety factors. Each class will include instruction, drills and playing.

2451 TTH 8:00-9:30am 2nd 8 weeks Health and Learning Center $40

Beginning Rock Climbing: This course is based on technique; you will practice some of the basic skills of rock climbing in an indoor environment. Essential skills such as belaying, rappelling, climbing techniques, rope management and care of equipment will be covered. Course held off campus at Flagstaff Climbing Center. Transportation is not provided by NAU.

2376 MW 11:00am-12:30pm 1st 8 weeks Off Campus $195
2378 MW 1:00-2:30pm 1st 8 weeks Off Campus $195
3579 TTH 9:35-11:05am 1st 8 weeks Off Campus $195

Intermediate Rock Climbing: This course provides an intensive look at the skills of an intermediate rock climber. Although the course is taught indoors, many of the skills taught will be preparing students for outdoor rock climbing. Lessons are arranged according to the ability and experience of class participants. This course is held off campus at Flagstaff Climbing Center. Transportation is not provided by NAU.

2400 MW 11:00-12:30 2nd 8 weeks Off Campus $195
2377 MW 1:00-2:30 2nd 8 weeks Off Campus $195
2452 TTH 9:35-11:05 2nd 8 weeks Off Campus $195

Scuba Diving: This course teaches its participants basic SCUBA diving skills and principles. It does not include a SCUBA certification, but an optional certification trip will be available following the class for an additional charge. All classes held at Aquatic and Tennis Complex.

2373 TTH 6:00-10:00pm 1st 5 weeks (8/29-9/30) Aquatic and Tennis Complex $130
2374 TTH 6:00-10:00pm 2nd 5 weeks (10/3-11/4) Aquatic and Tennis Complex $130
3115 TTH 6:00-10:00pm 3rd 5 weeks (11/7-12/9) Aquatic and Tennis Complex $130

Self Defense: In this exciting, hands-on course, you will learn defensive techniques from a wide range of scenarios including punches, kicks, grabs, chokes, ground fighting, knife attacks, and even pistol threats. Powerful striking techniques and safe falling methods will also be covered.

2418 MW 6:00-7:30pm 1st 8 weeks Rolle Activity Center $40
2481 MW 6:00-7:30pm 2nd 8 weeks Rolle Activity Center $40
2799 TTH 2:40-4:30pm Rolle Activity Center $40

Beginning Soccer: This course offers individual and team participation in drills, games, tournament play and skill development. Students will obtain the knowledge of current outdoor and indoor soccer rules and fundamentals including positioning, dribbling, passing, shooting and vision through drills and game play.

2430 MW 10:30-12:00pm 1st 8 weeks South Recreation fields $35

Sports Conditioning: This course is designed to enhance an athlete’s agility, flexibility, strength, speed, and balance.

3588 TTH 1:10-2:00pm Health and Learning Center $45

Step and Sculpt: This course will provide an efficient and balanced workout that includes cardiovascular endurance as well as muscle conditioning. There will be a gradual build in choreography and intensity as the course progresses.
**Strength Training Program Design:** In this course, students will learn various ways to design weight training programs and acquire the skills to write safe and effective programs for themselves and others. This class is geared towards Fitness Wellness majors.

4414 TTH 1:10-2:00pm Health and Learning Center $45

**Beginning Swimming:** This course teaches the basics of swimming and safety. It is also a great class for students looking to brush up on their swimming skills.

3597 MW 9:10-10:00am Aquatic and Tennis Complex $55

**Beginning/Intermediate Tennis:**
This course is designed for both the beginning and intermediate tennis player with an emphasis on either learning or improving stroke production to include: the forehand, backhand, volley, overhead and serve. A priority will be given to the differences in positioning between singles and doubles play. Equipment will be provided.

6252 MW 10:00-10:50am Aquatic and Tennis Complex $100

**Total Body Conditioning:** This course will incorporate cardiovascular and strength training along with functional training and balance work for a total body workout. A variety of class formats and equipment will be used to keep your workouts fun and fresh.

2438 TTH 9:00-9:50am Rolle Activity Center $40

**Triathlon Training:** This course is designed to provide the beginner through advanced triathlete the skills, knowledge, and fitness to participate in triathlons. This course will provide training opportunities in swimming, bicycling and running. It will not focus on beginning swimming skills. Participants should provide their own bike.

2401 F 9:00-10:30am Aquatic and Tennis Complex $70

**Advanced Volleyball:** This course is designed for those players with previous competitive volleyball experience. Students should be proficient in serving, passing, setting and hitting. Class time will include instruction/drills, but more emphasis will be placed on competitive games.

2798 MW 9:10-9:50am 2nd 8 weeks Rolle Activity Center $35

**Volleyball:** This course will include games and skill development. Students will utilize their knowledge of current volleyball rules and skills, including assigned positions, passing, setting, hitting, blocking and serving to construct various levels of play. (Appropriate for all levels.)

2391 MW 9:10-10:40am 1st 8 weeks Rolle Activity Center $35

**Water Polo:** In this course students will learn the rules and fundamentals of training for water polo. Passing, shooting, heads up swimming, and leg work with the ‘egg-beater’ kick will be the main physical components of the class. Drills and scrimmage play will take place each class period. Pre-requisite: Must be able to swim 100 meters without stopping, and tread water for 1 minute.

3181 MW 11:00-12:30 1st 8 weeks Aquatic and Tennis Complex $65

**Western Riding Instruction:** This course is designed for the novice or beginner who has had little to no riding experience. Students will learn to ride horses utilizing Western riding equipment or style. The class will emphasize on control, safety and balance during specific riding arena exercises. Classes held off campus about 20 minutes (driving time) east of campus. *Transportation not provided by NAU.*

4418 MW 9:30-12:00pm 1st 8 weeks Off Campus $520

2479 MW 2:00-4:30pm 1st 8 weeks Off Campus $520
willPower & grace®: This course is a formatted fusion of postures and drills which is a high-energy mind-body combination integrating barefoot training to correct imbalances in ankles, knees and hips.
3598 F 10:45-12:15pm Rolle Activity Center $35

Beginning Yoga: This course will introduce students to the postures, breath patterns and posture sequencing, which are required for the development of the safe, personal practice of yoga.
3580 MW 8:00-8:50am Health and Learning Center $35
2441 TTH 10:30-11:20am Health and Learning Center $35
2440 MW 9:00-10:30am 1st 8 weeks Rolle Activity Center $35

Gentle Flow Yoga: This course will review beginning poses and gently add more advanced poses using the Vinyasa style of yoga.
2433 TTH 1:00-2:30 1st 8 weeks Rolle Activity Center $35
2392 TTH 9:10-10:00am Health and Learning Center $35

Hot Yoga: This flow yoga class is held in a 90 degree heated yoga studio. This fun, engaging class set to upbeat music teaches the fundamentals of Vinyasa Yoga including sun salutations, standing poses, balancing postures, seated and reclining poses, backbends, core isolation and strengthening. Special emphasis is placed on moving into and out of postures safely, with correct alignment, using the breath, learning to quiet the chatter of the mind to find peace and inner stillness. Transportation not provided by NAU.
2478 TTH 1:00-2:30 1st 8 weeks Off Campus $55
2833 TTH 1:00-2:30 2nd 8 weeks Off Campus $55

Intermediate Yoga: This course will radically expand your practice and will teach you simple principles of alignment to quickly and safely advance to new levels. All categories of poses will be developed, and meditation and breathing practices will be introduced. This class is for students with some yoga experience and a desire to progress.
2393 MW 2:10-3:00pm Health and Learning Center $35
2425 MW 9:00-10:30am 2nd 8 weeks Rolle Activity Center $35

Intermediate Flow Yoga: This course focuses on yoga postures which are taken to the next level along with increased mental focus. This class is demanding yet fully rewarding. It is recommended for anyone with a spiritual and athletic disposition. It will also work on training the body to improved levels of fitness and the mind to great levels of concentration. This class is for students with some yoga experience and a desire to progress.
2487 MW 12:40-1:30pm Rolle Activity Center $35
2417 TTH 1:00-2:30pm 2nd 8 weeks Rolle Activity Center $35

Yoga and Meditation: This course is for all levels of yoga students. It will give the beginner a greater understanding of the fundamentals of yoga while offering options for experienced practitioners to advance. The class is for anyone who desires a relaxed state of mind and body, physical strength, mental control and concentration.
2437 F 9:00-10:30am Rolle Activity Center $35

Power Yoga: This course leads students of all backgrounds through challenging vinyasa flow, focusing on strength and endurance. With strength being the main focus of the practice, students will progress from beginner to advanced expressions of poses, gain flexibility, and confidence in their yoga practice. This class links
ayurvedic breathing techniques with varying stages of the yoga postures and will develop students’ self-awareness - both on and off the mat.

3585 M 3:00-4:30pm Rolle Activity Center $35

**Zumba®:** This course contains Latin dance moves, including salsa, cumbia, mambo and others with an infusion of hip hop into an easy to follow, fun and effective workout. It will also include, warm up techniques, abdominal work, and a cool down, for a fun and exciting workout.

2384 MW 9:10-10:00am Health and Learning Center $35
4802 TTH 5:00-5:50 Rolle Activity Center $35