



## **FIT Course Offerings & Descriptions** **Spring 2020**

**nau.edu/fit**

**ask-fit@nau.edu**

**928-523-8277**

**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.

5442 MW 9:10-10:00am Health and Learning Center \$40

5479 TTH 8:00-8:50am 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. This class is held off campus at Flagstaff Aikido. Transportation is not provided but it is walking distance from campus.

5491 T 6:00-7:30pm off campus \$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.

5428 TTH 6:00-6:50pm 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.

5505 MW 11:00-12:30pm 1<sup>st</sup> 8 weeks Health and Learning Center \$35

5492 MW 11:00-12:30pm 2<sup>nd</sup> 8 weeks Health and Learning Center \$35

5417 TTH 3:10-4:40pm 1<sup>st</sup> 8 weeks Health and Learning Center \$35

5441 TTH 3:10-4:40pm 2<sup>nd</sup> 8 weeks Health and Learning 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.

5477 MW 2:10-3:00pm Health and Learning Center \$40

5481 TTH 10:30-11:20am Health and Learning Center \$40

5501 TTH 3:50-4:40pm Rolle Activity Center \$40

**Bootcamp:** This course is 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).

5413 MW 8:00-8:50am Health and Learning Center \$40

5485 MW 11:40am-12:30pm 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.

5408 MW 9:00-10:30am 1<sup>st</sup> 8 weeks \$180

5498 TTH 9:00-10:30am 1<sup>st</sup> 8 weeks \$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. This course is held off campus at Beta Bouldering Gym. Transportation is not provided by NAU.

5414 MW 9:00-10:30am 2<sup>nd</sup> 8 weeks \$180

5415 TTH 9:00-10:30am 2<sup>nd</sup> 8 weeks \$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.

5446 MW 3:00-4:30pm 1<sup>st</sup> 8 weeks \$75

5449 MW 3:00-4:30pm 2<sup>nd</sup> 8 weeks \$75

**Cardio Strength:** This course will incorporate total body strength exercises through the use of body weight exercises, resistance training, weights, Bosus, stability balls, and more. In addition the class will focus on cardiovascular fitness levels through a variety of high intensity exercises.

5462 MW 10:20-11:10am Health and Learning Center \$40

**Chinese Martial Arts:** This course is an introduction to traditional Shaolin Kung Fu training. 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. Transportation is not provided.

5478 TTH 3:10-4:00pm \$75

**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. This class is held at CrossFit Flagstaff. Transportation not provided.  
5421 MW 10:20-11:10am \$149

**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 FIT 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. This class is held at CrossFit Flagstaff. Transportation not provided.  
5473 MW 1:10-2:00am \$149

**Core Strength:** This course will increase strength and tone the core/interior muscles of the body. Through the use of functional, resistance and weight training, you will work the abdominal region, hips, glutes, back, thighs and chest.  
5423 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.  
5474 TTH 9:10-10:40am 1<sup>st</sup> 8 weeks Wall Aquatic Center \$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.  
5430 TTH 2:10-3:00pm Health and Learning Center \$50

**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.  
5439 MW 8:00-8:50am 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.

5407 MW 9:00-9:50am	5409 TTH 9:00-9:50am
5410 MW 10:00-10:50am	5429 TTH 10:00-10:50am
5416 MW 11:00-11:50am	5411 TTH 11:00-11:50am
5497 MW 1:10-2:00pm	

(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).  
5465 MW 4:30-6:00pm 2<sup>nd</sup> 8 weeks Health and Learning Center \$35

**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. You must provide your own clubs and you must be able to make somewhat consistent contact to the ball and hit at least 120 yards. Classes are held at the Continental Country Club. *\*Transportation is not provided.*  
5406 MW 12:30-3:00am 3/30/20-5/1/20 3<sup>rd</sup> 5 weeks \$295

**Intermediate Ballet Jazz Hip Hop**

This course is an intermediate-level dance class that incorporates technique and choreography of three different dance styles. Previous dance experience is highly recommended, as the intermediate class will focus on more challenging technical skills and move more quickly through choreography.  
5435 W 7:40-9:10pm Rolle Activity Center \$40 (**tentative-waiting for ABOR approval**)

**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.  
5463 MW 10:20-11:50am 1<sup>st</sup> 8 weeks Health and Learning Center \$45  
5469 MW 3:30-5:00pm 2<sup>nd</sup> 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.  
5456 MW 10:20am-11:50am 2<sup>nd</sup> 8 weeks Health and Learning Center \$45  
5470 MW 3:30-5:00pm 1<sup>st</sup> 8 weeks Health and Learning Center \$45

**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.  
5503 MW 3:10-4:00pm Health and Learning Center \$60  
5455 TTH 8:00-8:50am Health and Learning Center \$60  
5436 TTH 10:00-10:50am Health and Learning Center \$60  
5488 TTH 11:00-11:50am Rolle Activity Center \$40

**Intermediate Jiu Jitsu**

In this course, student will expand their practice of 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. (**Tentative-waiting for ABOR approval**)  
5504 TTH 4:00-5:30pm 1<sup>st</sup> 8 weeks Off Campus \$75  
5457 TTH 4:00-5:30pm 2<sup>nd</sup> 8 weeks off campus \$75

**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.

5443 TTH 7:00-8:30pm 1<sup>st</sup> 8 weeks Rolle Activity Center \$40

5438 TTH 7:00-8:30pm 2<sup>nd</sup> 8 weeks Rolle Activity Center \$40

**Kickboxing:** This course teaches basic kickboxing skills, safety and techniques. Kickboxing routines and combinations are designed to improve cardiovascular health, tone, agility and flexibility. This is an aerobic based course and does not include the martial arts aspect of kickboxing.

5426 MW 1:40-2:30pm Rolle Activity Center \$40

**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.

5496 TTH 5:30-6:20pm Wall Aquatic Center \$55

5422 TTH 10:20-11:10am Wall Aquatic Center \$55

**Lifeguard Training:** This course will provide the necessary minimum skills for a person to qualify as a lifeguard. This course will follow the American Red Cross Lifeguard Training standards and manuals. It should be supplemented with training specific to the facility.

5471 MW 4:00-6:00pm 1<sup>st</sup> 8 weeks Wall Aquatic Center \$70

**Pilates:** Students will learn key principles and core fundamentals of Pilates to help connect individuals with their bodies. Great for those looking to strengthen, lengthen, & increase flexibility and balance.

5467 TH 2:40-3:30pm Rolle Activity Center \$40

**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.

5452 TTH 8:00-9:30am 1<sup>st</sup> 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.*

5404 MW 11:00-12:30pm 1<sup>st</sup> 8 weeks Off Campus \$195

5434 MW 1:00-2:30pm 1<sup>st</sup> 8 weeks Off Campus \$195

5475 TTH 9:35-11:05am 1<sup>st</sup> 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.*

5424 MW 11:00-12:30pm 2<sup>nd</sup> 8 weeks Off Campus \$195

5405 MW 1:00-2:30pm 2<sup>nd</sup> 8 weeks Off Campus \$195

5453 TTH 9:35-11:05am 2<sup>nd</sup> 8 weeks Off Campus \$195

**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.

5464 MW 12:40-1:30pm Rolle Activity Center \$40

**Downhill Ski/Snowboard:** This course includes ski or snowboard instruction and will accommodate beginners to advanced participants (grouped separately). This class is taught by AZ Snowbowl staff and includes 14 half day lift tickets, 11 lessons and 3 days to ski/ride on your own. Equipment is not provided but rentals are available through the Arizona Snowbowl for an additional fee. Transportation is not provided. At the end of the class, students who have earned a passing grade will receive a season pass.

5494 MW 11:15-3:15 1<sup>st</sup> 8 weeks Off Campus at Snowbowl Mountain \$300

5427 MW 1:15-5:15 1<sup>st</sup> 8 weeks Off Campus at Snowbowl Mountain \$300

5454 TTH 11:15-3:15 1<sup>st</sup> 8 weeks Off Campus at Snowbowl Mountain \$300

5458 TTH 1:15-5:15 1<sup>st</sup> 8 weeks Off Campus at Snowbowl Mountain \$300

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

5482 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.

5508 TTH 5:00-5:50pm Rolle Activity Center \$40

**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 course is geared toward Physical Education and Fitness Wellness majors.

5486 MW 2:00-2:50pm Health and Learning Center \$45

5493 TTH 2:00-2:50pm 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.

5489 MW 10:20-11:10am Wall Aquatic Center \$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.

5500 MW 10:00-10:50am Aquatic and Tennis Complex \$100

**Total Body Conditioning:** This course will incorporate cardiovascular training along with stretching, strength training, functional training and balance work for a total body workout.

5445 TTH 10:00-10:50am 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.

5425 WF 9:00-10:30am 2<sup>nd</sup> 8 weeks Wall Aquatic Center \$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.

5466 TTH 9:30-11:00am 2<sup>nd</sup> 8 weeks Health and Learning 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.)

5418 TTH 9:30-11:00am 1<sup>st</sup> weeks Health and Learning Center \$35

**Water Aerobics:** This course is an instructor led water aerobics class. It incorporates the water's natural resistance for muscle toning, balance, flexibility, and cardiovascular conditioning. Participants will be exposed to either shallow or deep exercises.

5461 MW 9:10-10:00am Wall Aquatic Center \$55 (deep water)

5509 TTH 4:30-5:20pm Wall Aquatic Center \$55 (shallow water)

**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.

5459 TTH 9:10-10:40am 2<sup>nd</sup> 8 weeks Wall Aquatic Center \$65

**Water Safety Instructor (WSI):** This course is the American Red Cross Water Safety Instructor course. This course is used to train instructor candidates to teach courses in the American Red Cross Swimming and Water Safety Program by developing understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress.

5507 MW 4:00-7:00pm 2<sup>nd</sup> 8 weeks Wall Aquatic Center \$70

**willPower & grace:**

This course is a full-body, barefoot conditioning program that athletes need, and the calorie-burning cardiovascular solution that mind-body practitioners have been searching for. This unique workout conditions the entire body, is equipment free and suitable for all levels.

5431 TH 1:00-2:30pm 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.

5476 MW 8:00-8:50am Health and Learning Center \$35

5448 TTH 10:30-11:20am Health and Learning Center \$35

5447 MW 9:00-10:30am 1<sup>st</sup> 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.

5419 TTH 9:10-10:00am Health and Learning Center \$35

5432 MW 6:00-7:30pm 1<sup>st</sup> 8 weeks Rolle Activity Center \$40

5440 T 1:00-2:30pm Rolle Activity Center \$35

5495 TTH 8:00-9:30pm 1<sup>st</sup> 8 weeks Rolle Activity Center \$35

5490 F 10:45-12:15pm Rolle Activity Center \$35

5502 TTH 8:00-9:30am 2<sup>nd</sup> 8 weeks Rolle Activity 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, and 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.*

5510 TTH 1:30-3:00pm 1<sup>st</sup> 8 weeks off campus \$75

5511 TTH 1:30-3:00pm 2<sup>nd</sup> 8 weeks of campus \$75

**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.*

5420 MW 2:10-3:00pm Health and Learning Center \$35

5433 MW 9:00-10:30am 2<sup>nd</sup> 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.*

5403 W 3:00-4:30pm Rolle Activity Center \$55

5460 MW 6:00-7:30pm 2<sup>nd</sup> 8 weeks Rolle Activity Center \$40

### **Power Yoga**

This course provides an energizing and active yoga practice using a series of flowing vinyasa sequences to build endurance, strength and flexibility. This class is upbeat and challenging and focuses on the integration of breath with physical yoga postures. The integration of Sun Salutations throughout the entire practice keeps the class moving and provides a full body workout while releasing tension and keeping the mind focused

5480 M 3:00-4:30pm 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.

5444 F 9:00-10:30am 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.

5484 MW 4:10-5:00pm Health and Learning Center \$35

5468 TTH 9:10-10:00pm Health and Learning Center \$35

5499 TTH 4:10-5:00am Health and Learning Center \$35