FIT Course Offerings & Descriptions
Fall 2019

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.
2164 MW 9:10-10:00am Health and Learning Center $40
2945 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.
5343 M 7:30-9:00 off campus $55
2173 T 6:00-7:30 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.
2157 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.
5548 TTH 3:10-4:40pm 1st 8 weeks Rolle Activity Center $35
3479 TTH 3:10-4:40pm 2nd 8 weeks Rolle Activity Center $35
2128 MW 10:00-11:30am 1st 8 weeks Rolle Activity Center $35
2163 MW 10:00-11:30am 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.
2943 MW 2:10-3:00pm Health and Learning Center $40
2947 TTH 10:30-11:20am Health and Learning Center $40
4709 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).
2124 MW 8:00-8:50am Health and Learning Center $40
2951 MW 11:40am-12:30pm Rolle Activity Center $40
2972 TTH 11:00am-11:50am Rolle Activity Center $40
2159 MW 7:40am-8:30pm 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.
2119 MW 9:00-10:30am 1st 8 weeks $180
3677 TTH 9:00-10:30am 1st 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.
2125 MW 9:00-10:30am 2nd 8 weeks $180
2126 TTH 9:00-10:30am 2nd 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.
2168 MW 3:00-4:30pm 1st 8 weeks $75
2171 MW 3:00-4:30pm 2nd 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.
2199 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.
2944 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.
2132 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.
2671 MW 1:10-2:00pm $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.
2134 MW 5:00-5:50pm Rolle Activity Center $40

Disc Golf: This course will provide upper and lower body conditioning along with aerobic conditioning through the sport of disc golf. The curriculum will include fundamentals & techniques, proper disc selection, & course design basics. **some classes will be held off campus. Transportation is not provided.*
5801 TTH 12:45-2:15pm 1st 8 weeks South Disc Golf Course $45

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.
2672 TTH 9:10-10:40am 1st 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.
2147 TTH 2:10-3:00pm 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.*
2191 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.
2161 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.

2118	MW 9:00-9:50am	2120 TTH 9:00-9:50am
2121	MW 10:00-10:50am	2146 TTH 10:00-10:50am
2127	MW 11:00-11:50am	2122 TTH 11:00-11:50am
3528	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).
2203 MW 4:30-6:00pm 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.*
2140 MW 1:30-3:30pm 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. 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.*
2156 MW 9:30-11:00am 1st 8 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.
2145 W 7:40-9:10pm Rolle Activity Center $35 **(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.
2201 MW 10:20-11:50am 1st 8 weeks Health and Learning Center $45
2489 MW 3:30-5:00pm 2nd 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.
2193 MW 10:20am-11:50am 2nd 8 weeks Health and Learning Center $45
2496 MW 3:30-5:00pm 1st 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.
2141 MW 2:00-4:30pm 1st 8 weeks Off Campus $520

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)**
5342 TTh 4:00-5:30pm 1st 8 weeks Off Campus $75
2619 TTh 4:00-5:30pm 2nd 8 weeks off campus $75

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.
4791 MW 3:10-4:00pm Health and Learning Center $60
2192 TTH 8:00-8:50am Health and Learning Center $60
2158 TTH 10:00-10:50am Health and Learning Center $60
2954 TTH 11:00-11:50am Rolle Activity Center $40

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.
2165 TTH 7:00-8:30pm 1st 8 weeks Health and Learning Center $40
2160 TTH 7:00-8:30pm 2nd 8 weeks Health and Learning 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.
2139 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.
2949 MW 10:20-11:10am Wall Aquatic Center $55
3502 TTH 5:30-6:20pm Wall Aquatic Center $55
2133 TTH 10:20-11:10am Wall Aquatic Center $55

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.
2421 TTH 2:40-3:30pm Rolle Activity Center $35

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
2946 M 3:00-4:30pm Rolle Activity Center $35

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.
2174 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.*
2115 MW 11:00-12:30pm 1st 8 weeks Off Campus $195
2117 MW 1:00-2:30pm 1st 8 weeks Off Campus $195
2941 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.*
2137 MW 11:00-12:30pm 2nd 8 weeks Off Campus $195
2116 MW 1:00-2:30pm 2nd 8 weeks Off Campus $195
2175 TTH 9:35-11:05am 2nd 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.
2202 MW 12:40-1:30pm Rolle Activity Center $40

Stretch and Relaxation: This course is designed to educate participants about the basics of flexibility and improving resistance to athletic injuries through lengthening muscles and increasing joint mobility. This class will also educate participants about relaxation and stress management techniques, breath work, ways to stay focused, centered and grounded.
5841 TTH 5:00-5:50pm Rolle Activity Center $35

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.
2158 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.
2948 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.
5796 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.
2952 MW 2:00-2:50pm Health and Learning Center $45
3480 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.
2955 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.
4334 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.
2167 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.
2138 F 9:00-10:30am 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.
2420 MW 8:20-9:50am 2nd 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.)
2129 MW 8:20-9:50am 1st 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.

2198 MW 9:10-10:00am Wall Aquatic Center $55 (deep 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.
2196 TTH 9:10-10:40am 2nd 8 weeks Wall Aquatic Center $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 with 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.*
3482 MW 9:30-12:00pm 1st 8 weeks Off Campus $520
2482 TTH 1:00-3:30pm 1st 8 weeks Off Campus $520

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.
2148 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.
2942 MW 8:00-8:50am Health and Learning Center $35
2170 TTH 10:30-11:20am Health and Learning Center $35
2168 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.
2130 TTH 9:10-10:00am Health and Learning Center $35
3499 TTH 8:00-9:30am 1st 8 weeks Rolle Activity Center $35
2162 T 1:00-2:30pm Rolle Activity Center $35
6061 MW 6:00-7:30pm Rolle Activity Center $35
2956 F 10:45-12:15pm Rolle Activity Center $35
4781 TTH 8:00-9:30am 2nd 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.*
5803 TTH 1:30-3:00pm 1st 8 weeks off campus $75
5804 TTH 1:30-3:00pm 2nd 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.*
2131 MW 2:10-3:00pm Health and Learning Center $35
2155 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.*
2114 W 3:00-4:30pm Rolle Activity Center $35
6062 MW 6:00-7:30pm 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.
2166 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.
2953 MW 4:10-5:00pm Health and Learning Center $35
2123 TTH 9:10-10:00pm Health and Learning Center $35
3678 TTH 4:10-5:00am Health and Learning Center $35