FIT Classes

Fall 2019

By Location

Visit our website for course descriptions:
nau.edu/fit

Classes can also be taken for non credit.

Non credit classes will be an additional $20

Just go to our website and fill out a non credit form!

Questions?
Call 928-523-8277 or
Email ask-fit@nau.edu

Off Campus

2115	Beg. Rock Climbing	MW	11:00-12:30pm	$195*
2137	Interm. Rock Climbing	MW	11:00-12:30pm	$195**
2117	Beg. Rock Climbing	MW	1:00-2:30pm	$195*
2116	Interm. Rock Climbing	MW	1:00-2:30pm	$195**
2941	Beg. Rock Climbing	TTH	9:35-11:05am	$195*
2140	Intro to Golf	MW	1:30-3:00pm	$295*
2175	Interm. Rock Climbing	TTH	9:35-11:00am	$195**
2156	Intermediate Golf	MW	9:30-11:00am	$295*
2195	Western Riding Instruction	TTH	1:00-3:00pm	$520*
2191	English Riding Instruction	TTH	9:30am-12pm	$520*
3482	Western Riding Instruction	MW	9:30am-12pm	$520*
2141	Horsemanship	MW	2:00-4:30pm	$520*
2132	CrossFit	MW	10:20-11:10am	$149
2671	CrossFit 2	MW	1:10-2:00pm	$149
5803	Hot Yoga	TTH	1:30-3:00 pm	$75*
5804	Hot Yoga	TTH	1:30-3:00 pm	$75**
2168	Brazilian Jiu Jitsu	MW	3:00-4:30pm	$75*
2171	Brazilian Jiu Jitsu	MW	3:00-4:30pm	$75**
2119	Intro to Bouldering	MW	9:00-10:30am	$180*
2125	Interm. Bouldering	MW	9:00-10:30am	$180**
3677	Intro to Bouldering	TTH	9:00-10:30am	$180*
2126	Interm. Bouldering	TTH	9:00-10:30am	$180**
2944	Chinese Martial Arts	TTH	3:10-4:00pm	$75
5342	Intermediate Jiu Jitsu	TTH	4:00-5:30pm	$75*
2619	Intermediate Jiu Jitsu	TTH	4:00-5:30pm	$75**
5343	Aikido	M	7:30-9:00pm	$55
2173	Aikido	T	6:00-7:30pm	$55

Health and Learning Center

2124	Bootcamp	MW	8:00-8:50am	$40
2942	Beg. Yoga	MW	8:00-8:50am	$35
2164	Abs & More	MW	9:10-10:00am	$40
2201	Group FIT	MW	10:20-11:50am	$45*
2193	Group FIT Mind Body	MW	10:20-11:50am	$45**
4790	Indoor Cycling	MW	3:10-4:00pm	$60
2199	Cardio Strength	MW	10:20-11:10am	$40
2950	Zumba	MW	4:10-5:00pm	$35
2943	Body Sculpt	MW	2:10-3:00pm	$40
2131	Interm. Yoga	MW	2:10-3:00pm	$35
2496	Group FIT Mind & Body	MW	3:30-5:00pm	$45*
2489	Group FIT	MW	3:30- 5:00pm	$45**
2192	Indoor Cycling	TTH	8:00-8:50am	$60
2945	Abs& More	TTH	8:00-8:50 am	$40
2130	Gentle Flow Yoga	TTH	9:10-10:00am	$35
2123	Zumba	TTH	9:00-10:00am	$35
2158	Indoor Cycling	TTH	10:00-10:50am	$60
2947	Body Sculpt	TTH	10:30-11:20am	$40
2170	Beg.Yoga	TTH	10:30-11:20am	$35
2161	Fit For Duty	MW	8:00-8:50am	$45
2118	Fitness& Conditioning	MW	9:00-9:50am	$45
2121	Fitness& Conditioning	MW	10:00-10:50am	$45
2127	Fitness& Conditioning	MW	11:00-11:50am	$45
3528	Fitness& Conditioning	MW	1:10-2:00 pm	$45
2120	Fitness& Conditioning	TTH	9:00-9:50am	$45
2146	Fitness& Conditioning	TTH	10:00-10:50am	$45
2122	Fitness& Conditioning	TTH	11:00-11:50am	$45
2948	Sports Conditioning	TTH	1:10-2:00pm	$45
2952	Strngth Train Prog Design	MW	2:00-2:50pm	$45
3480	Strngth Train Prog Design	TTH	2:00-2:50pm	$45
3678	Zumba	TTH	4:10-5:00pm	$35
2159	Beg Soccer	MW	10:30-12:00pm	$35*
5801	Disc Golf	TTH	12:45-2:14pm	$45*
2174	Racquetball	TTH	8:00-9:30am	$40**
2203	Fitness Walking	MW	4:30-6:00pm	$35*
5543	Basketball	TTH	3:10-4:40pm	$35**
3479	Basketball	TTH	3:10-4:40pm	$35**
2147	Beg/Inter Fencing	TTH	2:10-3:00pm	$50
2129	Volleyball	MW	8:20-9:50am	$35*
2420	Advanced Volleyball	MW	8:20-9:50am	$35**
2128	Basketball	MW	10:00-11:30am	$35*
2163	Basketball	MW	10:00-11:30am	$35

Rolle Activity Center

2166	Yoga and Meditation	F	9:00-10:30am	$35
2956	Gentle Flow Yoga	F	10:45-12:15pm	$35
2169	Beg. Yoga	MW	9:00-10:30am	$35*
2155	Intermediate Yoga	MW	9:00-10:30am	$35**
2951	Bootcamp	MW	11:40-12:30pm	$40
2202	Self Defense	MW	12:40-1:30pm	$40
2139	Kickboxing	MW	1:40-2:30pm	$40
2114	Intermediate Flow Yoga	W	3:00- 4:30pm	$35
2946	Power Yoga	M	3:00- 4:30pm	$35
2421	Pilates	TTH	3:50-4:40pm	$35
2134	Core Strength	MW	5:00-5:50pm	$40
2165	Judo	TTH	7:00-8:30pm	$40
6061	Gentle Flow Yoga	MW	6:00-7:30pm	$35*
6062	Int. Flow Yoga	WW	6:00-7:30pm	$35**
2145	Int. Ballet/Jazz/Hip Hop	W	7:40-9:10pm	$35
3499	Gentle Flow Yoga	TTH	8:00-9:30am	$35*
4781	Gentle Flow Yoga	TTH	8:00-9:30am	$35**
2167	Total Body Conditioning	TTH	10:00-10:50am	$40
2954	Indoor Cycling	TTH	11:00-11:50am	$40
2162	Gentle Flow Yoga	T	1:00-2:30pm	$35*
2148	Will Power & Grace	TTH	1:00-2:30pm	$35
4709	Body Sculpt	TTH	3:50-4:40pm	$40
2157	Ballet/Jazz/Hip Hop	TTH	6:00-6:50pm	$35
5796	Step & Sculpt	TTH	5:00-5:50pm	$40
2160	Judo	TTH	7:00-8:30pm	$40

Aquatic & Tennis Complex

2949	Inter. Lap Swim	MW	10:20-11:10am	$55
2955	Beginning Swim	MW	10:20-11:10am	$55
2198	Water Aerobics	MW	9:10-10:00am	$55
3502	Inter. Lap Swim	TTH	5:30-6:20pm	$55
2672	Intro to Diving	TTH	9:10-10:40am	$55*
2196	Water Polo	TTH	9:10-10:40pm	$65**
2133	Inter. Lap Swim	TTH	10:20-11:10am	$55
4334	Beg/ Int. Tennis	MW	10:00-10:50am	$100
2138	Triathlon Training	F	9:00-10:30am	$70

COMMIT TO BE FIT

***** Class Dates:8/26-10/18
****** Class Dates:10/21-12/14