



Fall 2009 PES Course Offerings

Abs and More: This course is targeted to strengthen your abs and back, improve your posture and resistance train your entire body! This class incorporates weights, stability balls, bands, rings, floor work, even your own body weight to ensure that you leave feeling great.

8089 MW 8:00-8:50 Rec Center

Aerobics: This course offers a combination of various aerobic exercises including step aerobics, Pilates, kickboxing, Zumba and basic aerobic choreography.

7697 MW 10:20-11:10 Rec Center

Introduction to 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.

7675 W 6:00-7:30 OFF CAMPUS at Aikido of Flagstaff (410 W. Santa Fe)

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.

7709 MW 9:00-10:15 ROLLE GYM (First Eight Weeks)

7913 MW 9:00-10:15 ROLLE GYM (Second Eight Weeks)

Bhangra/Bollywood Workout: This course incorporates the dance/aerobic movements from "Bollywood". It will strengthen major muscle groups including the trunk, shoulder/arm, gluteals, hamstrings, quadriceps, and spine. Individuals will achieve increased strength and endurance while enjoying the simple, joyous dance.

7967 TTh 11:05-12:35 ROLLE 103 (Second Eight Weeks)

Body Sculpt: This course will tone and shape your body through the use of weight and resistance training as well as core work.

7901 TTh 9:00-9:50 Rec Center

10925 TTh 5:10-6:00 ROLLE 103

8083 MW 8:00-8:50 ROLLE 103

Cardio and Strength: This course is designed to develop strength, endurance, agility & flexibility through the use of various equipment and exercises. In addition the class will focus on cardiovascular fitness levels through a variety of movement exercises including, basic boot camp drills, step, basic kickboxing and other floor exercises.

7769 TTh 10:00-10:50 ROLLE 103

Chinese Martial Arts: This course offers a unique opportunity to learn authentic Chinese Martial Arts. You will learn to apply the philosophy of Yin and Yang in the practice of silk reeling kung fu, and the importance of meditation and relaxation. You'll learn Self-defense applications through two person practice(push hands),18 posture Chen style kung fu short form and Long stick fighting form with two person practice(light contact).

7825 MW 4:00-4:50 ROLLE 103

CrossFit Bootcamp: This course is a strength and conditioning program built on constantly varied, random, functional and scalable movements executed at high intensities. A high intensity/low volume approach, much like interval training, is most prescribed for the training stimulus, but the exercise sessions can be scaled and modified to the individual's capabilities.

7961 TTh 2:30-3:20 OFF CAMPUS at Summit Health and Fitness (1301 W. University by Harkins Theaters)

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 will emphasize on control, safety and balance during specific riding arena exercises. The course is held off campus. Transportation is not provided by NAU. Class times listed include drive time.

8077 MW 12:45-3:15 (\$550) OFF CAMPUS (First Eight Weeks)

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 Italian system. Offensive and defensive strategies will be explored. Intermediate students will further refine their skills.

7829 TTh 9:45-10:35 ROLLE GYM

Fitness & Conditioning: This course is designed to develop realistic personal fitness goals and to design and implement a fitness program focused on these goals using basic training and nutritional principles.

7683 MW 9:00-9:50 Rec Center

7693 TTh 11:00-11:50 Rec Center

7687 MW 1:10-2:00 Rec Center

7695 TTh 1:10-2:00 Rec Center

7689 TTh 9:00-9:50 Rec Center

7707 MW 10:00-10:50 Rec Center

7691 TTh 10:00-10:50 Rec Center

Fitness Walking: This course is designed to increase cardiovascular endurance, muscle strength and flexibility. This class is an outdoor based class.

7959 TTh 11:10-12:40 (10/5-11/18) Rec Center

10926 TTh 11:10-12:40 (First Eight Weeks) Rec Center

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.

12119 TTh 3:30-5:00 (\$75) Rec Center (First Eight Weeks)

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. Classes are held at the Continental Country Club. Transportation is not provided by NAU. Class times listed include drive time.

7771 INTRO TO GOLF MW 3:00-5:30 (\$255) OFF CAMPUS (First Eight Weeks)

7773 INTRO TO GOLF TTh 3:00-5:30 (\$255) OFF CAMPUS (First Eight Weeks)

7897 INTERMEDIATE GOLF MW 8:00-10:30 (\$255) OFF CAMPUS (First Eight Weeks)

Hip Hop / Street Jazz: This course will combine basic hip hop and jazz dance choreography with an aerobic workout to achieve a fun, low impact cardiovascular workout. This class is for students of all fitness levels and no prior dance background is required.

7827 TTh 4:10-5:00 ROLLE 103

7713 TTh 7:10-8:00 ROLLE 103

7923 MW 9:10-10:00 ROLLE 103

Horsemanship I: 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. Transportation is not provided by NAU. Class times listed include drive time.

8073 MW 8:45-11:15 (\$550) OFF CAMPUS (First Eight Weeks)

Hydrobics: This course focuses on strength training as well as cardiovascular exercise in shallow water. The class uses water as a type of resistance for a low impact workout which is great for participants of any fitness level.

8087 TTh 9:10-10:00 WALL AQUATIC CENTER

Jazzercise: The original dance exercise phenomenon! This class offers a blend of jazz dance and exercise science set to your favorite music - Top 40, jazz, country, funk and classics. Easy-to-follow, fun choreography includes a gentle warm up, 30-minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale.

10922 MW 1:00-2:00 Rec Center

Judo: This course seeks to introduce the basic concepts of sport judo. It will focus on basic throws and mat work as well as the history of judo and terminology associated with the sport.

7903 TTh 8:30-10:00p.m. Rec Center (First Eight Weeks)

7905 TTh 8:30-10:00p.m. Rec Center (Second Eight Weeks)

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

7701 MW 3:00-3:50 Rec Center

7915 TTh 8:00-8:50a.m. ROLLE 103

Kung Fu: This course will primarily focus on learning the basics of Kung Fu San Soo, an ancient Chinese martial art. The basics of this art include fundamental stances, forms, punches, kicks, pressure points, skeletal manipulation/ leverages, throws, how to fall/roll, and self-defense mentality.

W 7:45-9:15 ROLLE 103 (check for class # on LOUIE)

Lap Swim: This course is designed around individuals who already possess intermediate to advanced swimming skills. The course focuses on improving fitness through swim training and improving their efficiency.

7719 TTh 10:20-11:10 WALL AQUATIC CENTER

7721 MW 10:20-11:10 WALL AQUATIC CENTER

7723 MW 9:10-10:00 WALL AQUATIC CENTER

Martial Arts / Self Defense: This course is a traditional Shotokan Karate class with the addition of some Jujitsu ground fighting and Special Forces control techniques geared towards real world applications.

7817 M 7:45-9:15p.m. ROLLE 103

Mountain Bike Ride and Repair: Single Track riding, here we come! Take Ride & Repair to learn how to tune-up and maintain your bike on your own, and to safely ride the trails around Flagstaff. Course is appropriate for riders of any ability. * Please plan to bring your own bike, but if you do not have one, there are a few that can be reserved/borrowed for the class.

7685 MW 10:20-11:40 (\$75) ROLLE (First Eight Weeks)

Pilates: This course will include many different Pilates techniques that focus on strength, balance and flexibility.

7703 TTh 1:10-2:00 Rec Center

7715 MW 2:20-3:10 ROLLE 103

7899 TTh 8:00-8:50a.m. Rec Center

10924 TTh 3:10-4:00 ROLLE 103

7917 TTh 6:10-7:00 ROLLE 103

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. This course is held at Vertical Relief. Transportation is not provided by NAU.

7677 BEG. CLIMBING TTH 1:00-2:30 (\$180) OFF CAMPUS (First Eight Weeks)

7679 BEG. CLIMBING TTH 1:00-2:30 (\$180) OFF CAMPUS (Second Eight Weeks)

7681 INT. CLIMBING MW 1:00-2:30 (\$180) OFF CAMPUS (First Eight Weeks)

7763 INT. CLIMBING MW 1:00-2:30 (\$180) OFF CAMPUS (Second Eight Weeks)

Scuba Diving: This course teaches its participants basic SCUBA diving skills and principles.

7671 MW 6:00-10:00p.m. (\$110) (First Five Weeks)

7673 MW 6:00-10:00p.m. (\$110) (Second Five Weeks)

**Class Fee is payable at Bursars Office

Self Defense: This course is an introduction, understanding and implementation of numerous basic self defense techniques. The class includes effective escape techniques, falling and rolling properly, basic striking techniques, some basic hold downs and how to anticipate rather than react to given situations.

7833 W 6:00-7:30p.m. ROLLE 103

8085 M 6:00-7:30p.m. ROLLE 103

Sports Conditioning: This course is designed to enhance an athlete's agility, flexibility, strength, speed and balance. Class formats will vary and will be modified to meet all fitness levels.

8149 TTh 1:00-1:50 ROLLE 103

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.

7925 MW 10:20-11:10 ROLLE 103

Stretch and Tone: This course combines resistance training for strength and endurance with stretching to improve flexibility. It also includes balance and relaxation techniques for overall body conditioning.

7875 TTh 2:00-2:50 ROLLE 103

7921 TTh 9:00-9:50 ROLLE 103

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.

7907 MW 8:00-8:50a.m. WALL AQUATIC CENTER

7963 TTH 8:00-8:50a.m. WALL AQUATIC CENTER

Tae Kwon Do: This course is an introduction to beginning International Tae Kwon Do as well as all other levels of International Tae Kwon Do. Students will learn basic Korean etiquette, kicks, blocks, punches and self defense techniques, along with safe and proper stretching.

7957 F 10:45-1:45 ROLLE 103 (First Eight Weeks)

Tai Chi: This course teaches you how to cultivate chi for health, fighting and well being. Tai Chi is an internal style martial art that can improve concentration and overall balance of body, mind and spirit. Practiced by millions throughout the world as a way to manage stress and increase internal strength, tai chi is considered one of the most powerful self-defense systems in the world today.

7965 TTh 11:05-12:35 ROLLE 103 (First Eight Weeks)

Traditional Gym Games: This course will give you a chance to play all of your favorite indoor and outdoor games such as basketball, volleyball, dodgeball, soccer and more. Feel like a kid again as you laugh, play and sweat without even realizing you're improving your fitness level.

8093 MW 1:00-1:50 ROLLE GYM

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. This course will not focus on beginning swimming skills.

7767 F 9:00-11:00a.m. (\$75) WALL AQUATIC CENTER

Turkish/Egyptian Dance: This course will teach students to move to ancient rhythms and melodies from the Middle Eastern Cultures, learn Debke Folk Dances and experience independently isolating muscle groups in a way that is unlike any other dance form.

8081 F 10:45-1:45 ROLLE 103 (Second Eight Weeks)

Volleyball: This course is designed for all levels. 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. Each class period will consist of drills, mini lessons, and then game play.

7711 TTH 11:10-12:40 ROLLE GYM (First Eight Weeks)

10921 TTH 11:10-12:40 ROLLE GYM (Second Eight Weeks)

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 control, safety and balance during specific riding arena exercises. Class times listed include drive time.

8075 TTh 12:45-3:15 (\$550) OFF CAMPUS (First Eight Weeks)

8079 TTh 8:45-11:15 (\$550) OFF CAMPUS (First Eight Weeks)

Beginning Yoga: Students will become familiarized with the postures, breath patterns and posture sequencing, which are required for the development of a safe, personal practice.

7705 TTH 10:00-11:30 REC CENTER (First Eight Weeks)

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 great levels of fitness and the mind to great levels of concentration.

7717 TTH 10:00-11:30 REC CENTER (Second Eight Weeks)

Gentle Flow Yoga: This course will review beginning poses and gently add more advanced poses using the Vinyasa style of yoga.

7911 MW 12:30-2:00 ROLLE 103 (First Eight Weeks)

7831 MW 12:30-2:00 ROLLE 103 (Second Eight Weeks)

Hot Yoga: This course is in a room heated to the average body temperature of 98.6 degrees. It incorporates a flowing style of yoga sequenced to bring balance between ease and effort while synchronizing physical movement with breath which can be physically challenging and rejuvenating.

Both sessions at Summit Health and Fitness (1301 W. University-by Harkins)

11709 TTh 1:00-2:30 OFF CAMPUS (First Eight Weeks)

11710 TTh 1:00-2:30 OFF CAMPUS (Second Eight Weeks)

Yoga and Meditation: This course is an introduction to yoga postures. It will give the beginner a greater understanding of the fundamentals of yoga. This class teaches students about being aware of themselves as well as the world around them.

7919 F 9:00-10:30 ROLLE 103

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.

7699 MW 9:10-10:00 Rec Center

7927 MW 11:30-12:20 ROLLE 103

10923 MW 5:00-5:50pm ROLLE 103