



ACADEMIC NONCREDIT

THE REWARDS OF LEARNING

SPRING SEMESTER 2017

801.581.7155 | U CONTINUING EDUCATION
continue.utah.edu/fitness



“It starts with the holidays, but usually continues throughout winter—my bad eating habits and lack of commitment to exercise. But not this year! The U has a ton of fun fitness classes to choose from, giving me just what I need to stay motivated and moving all year round.”

THE BEST YOU THIS YEAR AT 50% OFF!

Taught by experienced University of Utah instructors, Academic Noncredit fitness classes allow everyone age 18 and over to choose from a wide variety of sports, disciplines, and methods. And benefits-eligible employees receive a 50% tuition discount! Check with HR to see if you qualify.

Strengthen, develop, or rediscover your athletic side. Make a power play and sign up for an Academic Noncredit fitness class today!

Check out continue.utah.edu/noncredit for all of our noncredit course offerings. We offer classes in a wide variety of subjects.

Classes begin Monday, January 9th. Register Now!

Call 801.581.7155 or visit continue.utah.edu/fitness



University employees participating in the WellU program can fulfill one participation option by taking qualifying Academic Noncredit fitness classes. Watch for the WellU for qualifying classes.
 Go to continue.utah.edu/wellu for more information.

To view the entire campus map visit map.utah.edu



For more information about parking on campus go to: continue.utah.edu/parking
 Parking permit requirements are subject to change. refer to individual parking lot signs for the most updated information.

Ballet (BALLE)				
Ballet I for Non Majors				
114-001	MWF, Jan 9-Apr 25	8:05-9:25 AM	MCD 40	\$449.00
DANCE: MODERN (DANC)				
Dance Composition for Non Majors				
123-001	TTh, Jan 9-Apr 25	7:30-8:50 AM	MCD 260	\$399.00
Dance: A Creative Process				
175-001	MWF, Jan 9-Apr 25	8:35-9:25 AM	MCD 240	\$399.00
Modern Dance: Advanced				
103-001	MW, Jan 9-Apr 25	2:00-3:20 PM	MCD 220	\$399.00
EXERCISE AND SPORT SCIENCE FITNESS COURSES (ESSF)				
Aikido: Elementary				
440-001	W, Jan 9-Apr 25	6:00-8:00 PM	HPR W 106	\$185.00
440-002	TTh, Jan 9-Apr 25	9:40-10:30 AM	HPR W 106	\$185.00
440-003	M, Jan 9-Apr 25	5:00-6:30 PM	HPR W 106	\$185.00
Badminton: Elementary				
105-001	F, Jan 9-Feb 28	12:25-1:55 PM	HPR N 101	\$95.00
105-002	F, Mar 1-Apr 25	12:25-1:55 PM	HPR N 101	\$95.00
Classes in this subject area fulfill a WellU requirement				
Bowling: Elementary (continued)				
145-003	TTh, Jan 9-Feb 28	9:40-10:30 AM	UNION 142	\$135.00
145-004	TTh, Jan 9-Feb 28	10:45-11:35 AM	UNION 142	\$135.00
145-005	MW, Jan 9-Feb 28	10:45-11:35 AM	UNION 142	\$135.00
145-006	MW, Mar 1-Apr 25	8:35-9:25 AM	UNION 142	\$135.00
145-007	MW, Mar 1-Apr 25	9:40-10:30 AM	UNION 142	\$135.00
145-008	TTh, Mar 1-Apr 25	9:40-10:30 AM	UNION 142	\$135.00
145-009	TTh, Mar 1-Apr 25	10:45-11:35 AM	UNION 142	\$135.00
145-010	MW, Mar 1-Apr 25	10:45-11:35 AM	UNION 142	\$135.00
145-011	Th, Jan 9-Apr 25	6:00-7:40 PM	UNION 142	\$135.00
Bowling: Intermediate				
146-001	MW, Jan 9-Apr 25	11:50 AM-12:40 PM	UNION 142	\$190.00
Circuit Training				
073-001	MW, Jan 9-Apr 25	9:40-10:30 AM	HPR N 101	\$215.00
073-002	MW, Jan 9-Apr 25	2:00-2:50 PM	HPR E 212	\$215.00
Crossfit: Elementary				
014-001	MW, Jan 9-Apr 25	8:35-9:25 AM	HPR E 212	\$180.00
014-002	TTh, Jan 9-Apr 25	8:35-9:25 AM	HPR E 212	\$180.00
014-003	TTh, Jan 9-Apr 25	9:40-10:30 AM	HPR E 212	\$180.00
014-004	MW, Jan 9-Apr 25	9:40-10:30 AM	HPR E 212	\$180.00
014-005	MW, Jan 9-Apr 25	12:55-1:45 PM	HPR E 212	\$180.00
014-006	TTh, Jan 9-Apr 25	12:55-1:45 PM	HPR E 212	\$180.00
014-007	MW, Jan 9-Apr 25	4:00-4:50 PM	HPR E 212	\$180.00
Crossfit: Advanced (Meets at CrossFit Spearhead, 4540 S Highland Dr, Holladay)				
805-001	Jan 9-Feb 28	Multiple	HOLLADAY	\$150.00
805-002	Mar 1-Apr 25	Multiple	HOLLADAY	\$150.00
Cycling: Elementary				
015-001	MW, Jan 9-Apr 25	7:30-8:20 AM	HPR N 106	\$205.00
015-002	TTh, Jan 9-Apr 25	7:30-8:20 AM	HPR N 106	\$205.00
015-003	MW, Jan 9-Apr 25	12:55-1:45 PM	HPR N 106	\$205.00
015-004	TTh, Jan 9-Apr 25	12:55-1:45 PM	HPR N 106	\$205.00
015-005	MW, Jan 9-Apr 25	2:00-2:50 PM	HPR N 106	\$205.00
015-006	TTh, Jan 9-Apr 25	2:00-2:50 PM	HPR N 106	\$205.00
015-008	TTh, Jan 9-Apr 25	9:40-10:30 AM	HPR N 106	\$205.00
Fencing: Elementary				
155-001	T, Jan 9-Apr 25	10:45-11:35 AM	HPR W 106	\$140.00
155-002	Th, Jan 9-Apr 25	10:45-11:35 AM	HPR W 106	\$140.00
Flexibility For Sport and Exercise				
064-001	TTh, Jan 9-Apr 25	10:45-11:35 AM	HPR W 106	\$190.00
Gymnastics: Elementary				
170-001	TTh, Jan 9-Apr 25	10:45-11:35 AM	DGC	\$190.00
Gymnastics: Intermediate				
171-001	TTh, Jan 9-Apr 25	9:40-10:30 AM	DGC	\$190.00
Gymnastics: Advanced				
172-001	TTh, Jan 9-Apr 25	9:40-10:30 AM	DGC	\$215.00
Hip Hop Dancing: Elementary				
711-001	F, Jan 9-Apr 25	10:00-11:40 AM	HPR W 105	\$190.00
711-002	F, Jan 9-Apr 25	12:50-2:30 PM	HPR W 105	\$190.00
Jogging for Fitness				
043-001	TTh, Jan 9-Apr 25	8:00-8:50 AM	HPR N 101	\$185.00
Kickboxing: Off-Campus (Meets at Title Boxing, 7817 S Highland Dr, Cottonwood Heights)				
414-001	Jan 9-Feb 28	Multiple	CTNWD HGTS	\$135.00
414-002	Mar 1-Apr 25	Multiple	CTNWD HGTS	\$135.00
Martial Arts: Elementary (Meets at Jeremy Horn's Elite Performance Gym, 9599 S 500 W, Sandy)				
415-001	MW, Jan 9-Feb 28	6:00-7:00 PM	SANDY	\$130.00
415-002	TTh, Jan 9-Feb 28	6:00-7:00 PM	SANDY	\$130.00
415-003	MW, Mar 1-Apr 25	6:00-7:00 PM	SANDY	\$130.00
415-004	TTh, Mar 1-Apr 25	6:00-7:00 PM	SANDY	\$130.00
P90X				
017-001	MW, Jan 9-Apr 25	10:45-11:35 AM	HPR N 101	\$190.00
017-002	TTh, Jan 9-Apr 25	10:45-11:35 AM	HPR N 101	\$190.00
PE For the Disabled				
923-001	W, Jan 9-Apr 25	2:00-3:00 PM	HPR N 226	\$10.00
Pilates Circuit Course: Elementary				
048-001	MW, Jan 9-Apr 25	7:30-8:20 AM	HPR N 118 A	\$305.00
048-002	TTh, Jan 9-Apr 25	8:35-9:25 AM	HPR N 118 A	\$305.00
048-003	MW, Jan 9-Apr 25	9:40-10:30 AM	HPR N 118	\$305.00
048-004	TTh, Jan 9-Apr 25	9:40-10:30 AM	HPR N 118	\$305.00
048-005	MW, Jan 9-Apr 25	10:45-11:35 AM	HPR N 118 A	\$305.00
048-006	MW, Jan 9-Apr 25	8:35-9:25 AM	HPR N 118 A	\$305.00
048-007	TTh, Jan 9-Apr 25	12:55-1:45 PM	HPR N 118 A	\$305.00
048-008	TTh, Jan 9-Apr 25	11:50 AM-12:40 PM	HPR N 118 A	\$305.00
Pilates Mat Class: Elementary				
055-001	TTh, Jan 9-Apr 25	8:35-9:25 AM	HPR E 134	\$215.00
Pilates Reformer: Elementary				
049-001	MW, Jan 9-Apr 25	10:45-11:35 AM	HPR N 118 B	\$305.00
049-002	MW, Jan 9-Apr 25	8:35-9:25 AM	HPR N 118 B	\$305.00
049-003	TTh, Jan 9-Apr 25	9:40-10:30 AM	HPR N 118 B	\$305.00
049-004	TTh, Jan 9-Apr 25	10:45-11:35 AM	HPR N 118 B	\$305.00
049-005	MW, Jan 9-Apr 25	9:40-10:30 AM	HPR N 118 B	\$305.00
049-006	MW, Jan 9-Apr 25	4:00-4:50 PM	HPR N 118 B	\$305.00
049-007	TTh, Jan 9-Apr 25	4:00-4:50 PM	HPR N 118 B	\$305.00
Pilates Circuit Course: Intermediate				
053-001	TTh, Jan 9-Apr 25	6:30-7:20 AM	HPR N 118 A	\$305.00
053-002	MW, Jan 9-Apr 25	11:50 AM-12:40 PM	HPR N 118	\$305.00
053-003	TTh, Jan 9-Apr 25	12:55-1:45 PM	HPR N 118 A	\$305.00
053-004	MW, Jan 9-Apr 25	5:00-5:50 PM	HPR N 118 A	\$305.00
053-005	MW, Jan 9-Apr 25	6:00-6:50 PM	HPR N 118 A	\$305.00
Classes in this subject area fulfill a WellU requirement				
Indicates class held off campus				

Ball/ Core Cardio				
010-001	TTh, Jan 9-Apr 25	7:30-8:20 AM	HPR N 101	\$165.00
Ballet Barre				
004-001	TTh, Jan 9-Apr 25	8:35-9:25 AM	HPR W 106	\$210.00
Ballroom Dancing: Elementary American				
740-001	TTh, Jan 9-Apr 25	6:45-7:35 PM	HPR W 105	\$175.00
Basketball: Level I				
200-001	TTh, Jan 9-Apr 25	10:45-11:35 AM	HPR E 101	\$172.50
200-002	MW, Jan 9-Apr 25	12:55-1:45 PM	HPR N 101	\$172.50
Billiards				
150-001	MW, Jan 9-Feb 28	9:40-10:30 AM	UNION 142	\$115.00
150-002	TTh, Jan 9-Feb 28	9:40-10:30 AM	UNION 142	\$115.00
150-003	MW, Jan 9-Feb 28	10:45-11:35 AM	UNION 142	\$115.00
150-004	TTh, Jan 9-Feb 28	10:45-11:35 AM	UNION 142	\$115.00
150-005	MW, Jan 9-Feb 28	11:50 AM-12:40 PM	UNION 142	\$115.00
150-006	TTh, Jan 9-Feb 28	11:50 AM-12:40 PM	UNION 142	\$115.00
150-007	TTh, Mar 1-Apr 25	9:40-10:30 AM	UNION 142	\$115.00
150-008	TTh, Mar 1-Apr 25	10:45-11:35 AM	UNION 142	\$115.00
Bowling: Elementary				
145-001	MW, Jan 9-Feb 28	8:35-9:25 AM	UNION 142	\$135.00
145-002	MW, Jan 9-Feb 28	9:40-10:30 AM	UNION 142	\$135.00
Indicates class held off campus				
Pilates Reformer: Intermediate				
054-001	TTh, Jan 9-Apr 25	7:30-8:20 AM	HPR N 118	\$305.00
054-002	MW, Jan 9-Apr 25	12:55-1:45 PM	HPR N 118 B	\$305.00
Racquetball: Elementary				
110-001	MW, Jan 9-Apr 25	7:30-8:20 AM	HPR E 106	\$180.00
110-002	F, Jan 9-Apr 25	7:30-9:10 AM	HPR E 106	\$180.00
Racquetball: Intermediate				
111-001	MW, Jan 9-Apr 25	8:35-9:25 AM	HPR E 106	\$180.00
Scuba: Open Water Basic (Meets at The Dive Shop, 429 W 500 S, Bountiful)				
350-001	TTh, Jan 9-Feb 28	7:00-10:00 PM	BOUNTIFUL	\$250.00
350-002	TTh, Mar 1-Apr 25	7:00-10:00 PM	BOUNTIFUL	\$250.00
350-003	S, Jan 9-Feb 28	9:00 AM-3:00 PM	BOUNTIFUL	\$250.00
350-004	S, Mar 1-Apr 25	9:00 AM-3:00 PM	BOUNTIFUL	\$250.00
Scuba: Open Water Advanced (Meets at The Dive Shop, 429 W 500 S, Bountiful)				
351-001	MW, Jan 9-Feb 28	7:00-10:00 PM	BOUNTIFUL	\$250.00
351-002	MW, Mar 1-Apr 25	7:00-10:00 PM	BOUNTIFUL	\$250.00
Self Defense				
400-001	T, Jan 9-Feb 28	6:45-8:25 PM	HPR W 106 A	\$110.00
400-002	T, Mar 1-Apr 25	6:45-8:25 PM	HPR W 106	\$110.00
Ski Conditioning				
068-001	TTh, Jan 9-Apr 25	4:10-5:30 PM	HPR E 212	\$260.00
Swimming: Elementary				
300-001	MW, Jan 9-Apr 25	8:35-9:25 AM	HPR NAT B	\$195.00
300-002	TTh, Jan 9-Apr 25	9:40-10:30 AM	HPR NAT A	\$195.00
Swimming: Intermediate				
301-001	TTh, Jan 9-Apr 25	8:35-9:25 AM	HPR NAT B	\$195.00
Table Tennis				
119-001	MW, Jan 9-Feb 28	9:40-10:30 AM	UNION 142	\$85.00
119-002	MW, Jan 9-Feb 28	10:45-11:35 AM	UNION 142	\$85.00
119-003	MW, Mar 1-Apr 25	9:40-10:30 AM	UNION 142	\$85.00
119-004	MW, Mar 1-Apr 25	10:45-11:35 AM	UNION 142	\$85.00
Tai Kwon Do: Elementary				
445-001	T, Jan 9-Apr 25	5:00-6:30 PM	HPR W 106	\$205.00
Tai Chi: Elementary				
410-001	MW, Jan 9-Apr 25	9:40-10:30 AM	HPR W 106	\$170.00
Tennis: Elementary				
100-001	MW, Jan 9-Apr 25	11:00-11:50 AM	GETC	\$215.00
Tennis: Intermediate				
101-001	MW, Jan 9-Apr 25	12:00-12:50 PM	GETC	\$215.00
101-002	TTh, Jan 9-Apr 25	12:00-12:50 PM	GETC	\$215.00
Volleyball: Intermediate				
211-001	W, Jan 9-Apr 25	9:40-11:35 AM	HPR E 101	\$170.00
211-002	F, Jan 9-Apr 25	9:40-11:35 AM	HPR E 101	\$170.00
Weight Training: Elementary				
085-001	TTh, Jan 9-Apr 25	7:30-8:20 AM	HPR E 212	\$205.00
085-002	MW, Jan 9-Apr 25	10:45-11:35 AM	HPR E 212	\$205.00
085-003	TTh, Jan 9-Apr 25	10:45-11:35 AM	HPR E 212	\$205.00
Weight Training: Intermediate				
086-001	MWF, Jan 9-Apr 25	8:35-9:25 AM	HPR E 212	\$270.00
086-002	MWF, Jan 9-Apr 25	9:40-10:30 AM	HPR E 212	\$270.00
Wing Chun				
419-001	MW, Jan 9-Feb 28	2:00-2:50 PM	HPR W 106	\$110.00
419-002	MW, Mar 1-Apr 25	2:00-2:50 PM	HPR W 106	\$110.00
Yoga: Elementary				
057-001	MW, Jan 9-Apr 25	7:30-8:20 AM	HPR W 105	\$172.50
057-002	TTh, Jan 9-Apr 25	7:30-8		