Note: All students may enroll in the activity courses listed below. No more than eight credits, however, in any combination of activity courses can be earned towards a bachelor's degree and no more than one of these courses can be taken in a semester.

Majors in physical education, however, may take up to twelve credits from these activity courses. Activity courses can only be taken on standard pass/fail grading modes, and cannot be taken on audit grading mode or any "no credit" program. Activity courses may be repeated more than once for credit.

EDPE 101-01 Tai Chi
Tai Chi is a unique exercise system which consists of a sequence of slow, relaxed movements. Its benefits in the areas of health, fitness, relaxation, concentration and self defense are well known. Tai Chi helps restore and maintain natural health as well as stretches, strengthens, and relaxes the entire body. Tai Chi is a gentle exercise suited to all age groups and can be used as a valuable method of stress management.

Location: Rudolf Fitness Center
Days: Tuesday and Thursday
Time: 8:00 – 8:50 am
Instructor: TBA

EDPE 103-01 Basketball and Flag Football
This class is designed to provide students with a progressive sequence of skills and activities designed to offer a basic understanding in both basketball and flag football. Game strategies, techniques, terminology, rules and safety will be covered in this class. Students will participate in organized games and skill competitions against classmates. This class is only offered in the fall.

Location: Rudolf Fitness Center Field House
Days: Monday and Wednesday
Times: 11:00 – 11:50 am
Instructor: TBA

EDPE 103-02 Basketball and Flag Football
This class is designed to provide students with a progressive sequence of skills and activities designed to offer a basic understanding in both basketball and flag football. Game strategies, techniques, terminology, rules and safety will be covered in this class. Students will participate in organized
games and skill competitions against classmates. This class is only offered in the fall.

*Location: Rudolf Fitness Center Field House*
*Days: Monday and Wednesday*
*Times: 10:00 – 10:50 am*
*Instructor: TBA*

**EDPE 108-01  Beginning Bowling**
Students will be provided with a progressive sequence of skills and activities designed to provide a basic understanding of bowling. This class will cover bowling strategies, techniques, terminology, etiquette and safety concepts. In addition this course is designed to provide competition in a fun environment.

*Fall 2014: Class will begin September 8th*
*Lab Fee: Contact x5715 for fees*
*Location: North Bowl, 125 West Sinto*
*Phone Number: 509-328-7090*
*Day: Monday*
*Time: 3:10 – 5:00 pm*
*Students are responsible for their own transportation.*

**EDPE 109-01  League Bowling**
This course allows Gonzaga students to take part in organized league bowling through North Bowl Lanes. The students will meet once a week and bowl three games in teams consisting of 4 players. At the end of the 13 weeks, students will take part in a league tournament. Students have the option of taking this class for credit or non-credit.

*Fall 2014: Class will begin September 10th*
*Lab Fee: Contact North Bowl for current rates. Fees are to be paid directly to North Bowl.*
*Location: North Bowl, 125 West Sinto*
*Phone Number: 509-328-7090*
*Day: Wednesday*
*Time: 9:20 – 11:30 pm*
*Students are responsible for their own transportation.*

**EDPE 109-02  League Bowling**
This course allows Gonzaga students to take part in organized league bowling through North Bowl Lanes. The students will meet once a week and bowl three games in teams consisting of 4 players. At the end of the 13 weeks, students will take part in a league tournament. Students have the option of taking this class for credit or non-credit.

*Fall 2014: Class will begin September 8th*
*Lab Fee: Contact North Bowl for current rates. Fees are to be paid directly to North Bowl.*
*Location: North Bowl, 125 West Sinto*
*Phone Number: 509-328-7090*
*Day: Monday*
Time: 9:20 – 11:30 pm
Students are responsible for their own transportation.

EDPE 109-03  League Bowling
This course allows Gonzaga students to take part in organized league bowling through North Bowl Lanes. The students will meet once a week and bowl three games in teams consisting of 4 players. At the end of the 13 weeks, students will take part in a league tournament. Students have the option of taking this class for credit or non-credit.

Fall 2014: Class will begin September 11th
Lab Fee: Contact North Bowl for current rates. Fees are to be paid directly to North Bowl.
Location: North Bowl, 125 West Sinto
Phone Number: 509-328-7090
Day: Thursday
Time: 9:20 – 11:30 pm
Students are responsible for their own transportation.

EDPE 109-04  League Bowling
This course allows Gonzaga students to take part in organized league bowling through North Bowl Lanes. The students will meet once a week and bowl three games in teams consisting of 4 players. At the end of the 13 weeks, students will take part in a league tournament. Students have the option of taking this class for credit or non-credit.

Fall 2014: Class will begin September 9th
Lab Fee: Contact North Bowl for current rates. Fees are to be paid directly to North Bowl.
Location: North Bowl, 125 West Sinto
Phone Number: 509-328-7090
Day: Tuesday
Time: 9:20 – 11:30 pm
Students are responsible for their own transportation.

EDPE 110-01  X-Biking
This interval based cycling class will work your entire body. Classes are taught using the stationary x-bikes, which allow users to engage their upper body and core while the legs do the pedaling.

Location: Rudolf Fitness Center
Days: Monday and Wednesday
Time: 9:00 – 9:50 am
Instructor: Jordan Roskelley

EDPE 111-01  Indoor Soccer
This activity class will focus on the fundamental skills and rules of indoor soccer. This class will be held at the SYSA Indoor Soccer Center and will be taught by experienced soccer coaches.

Fall 2014: Class will begin September 9th
Lab Fee: Contact x5715 for current fees  
Location: SYSA Soccer Center, 730 North Hamilton  
Phone Number: 509-466-6590  
Days: Tuesday and Thursday  
Time: 2:10 – 3:00 pm  
Students are responsible for their own transportation.

EDPE 113-01 CrossFit  
CrossFit is a strength and conditioning system built on constantly varied, functional movements executed at high level of intensity appropriate for the individual. CrossFit is not a specialized fitness program but a deliberate attempt to optimize physical competence in each of ten recognized fitness domains; cardiovascular and respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy. This course is appropriate for all levels of fitness and/or experience.

Fall 2014: Class will begin September 8th  
Lab Fee: Contact x5715 for current fees  
Location: CrossFit Spokane, 116 East Augusta  
Phone Number: 509-466-6590  
Days: Monday and Wednesday  
Time: 3:30 – 4:30 pm  
Students are responsible for their own transportation.

EDPE 113-02 CrossFit  
CrossFit is a strength and conditioning system built on constantly varied, functional movements executed at high level of intensity appropriate for the individual. CrossFit is not a specialized fitness program but a deliberate attempt to optimize physical competence in each of ten recognized fitness domains; cardiovascular and respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy. This course is appropriate for all levels of fitness and/or experience.

Fall 2014: Class will begin September 9th  
Lab Fee: Contact x5715 for current fees  
Location: CrossFit Spokane, 116 East Augusta  
Phone Number: 509-466-6590  
Days: Tuesday and Thursday  
Time: 3:30 – 4:30 pm  
Students are responsible for their own transportation.

EDPE 113-03 CrossFit  
CrossFit is a strength and conditioning system built on constantly varied, functional movements executed at high level of intensity appropriate for the individual. CrossFit is not a specialized fitness program but a deliberate attempt to optimize physical competence in each of ten recognized fitness domains; cardiovascular and respiratory endurance, stamina, strength,
flexibility, power, speed, coordination, agility, balance, and accuracy. This course is appropriate for all levels of fitness and/or experience.

Fall 2014: Class will begin September 8\textsuperscript{th}
Lab Fee: Contact x5715 for current fees
Location: CrossFit Spokane, 116 East Augusta
Phone Number: 509-466-6590
Days: Monday and Wednesday
Time: 11:00 – 12:00

\textit{Students are responsible for their own transportation.}

\textbf{EDPE 113-04 CrossFit}

CrossFit is a strength and conditioning system built on constantly varied, functional movements executed at high level of intensity appropriate for the individual. CrossFit is not a specialized fitness program but a deliberate attempt to optimize physical competence in each of ten recognized fitness domains; cardiovascular and respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy. This course is appropriate for all levels of fitness and/or experience.

Fall 2014: Class will begin September 9\textsuperscript{th}
Lab Fee: Contact x5715 for current fees
Location: CrossFit Spokane, 116 East Augusta
Phone Number: 509-466-6590
Days: Tuesday and Thursday
Time: 11:00 – 12:00

\textit{Students are responsible for their own transportation.}

\textbf{EDPE 113-05 CrossFit}

CrossFit is a strength and conditioning system built on constantly varied, functional movements executed at high level of intensity appropriate for the individual. CrossFit is not a specialized fitness program but a deliberate attempt to optimize physical competence in each of ten recognized fitness domains; cardiovascular and respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy. This course is appropriate for all levels of fitness and/or experience.

Fall 2014: Class will begin September 8\textsuperscript{th}
Lab Fee: Contact x5715 for current fees
Location: CrossFit Spokane, 116 East Augusta
Phone Number: 509-466-6590
Days: Monday and Wednesday
Time: 10:00 – 11:00 am

\textit{Students are responsible for their own transportation.}

\textbf{EDPE 113-06 CrossFit}

CrossFit is a strength and conditioning system built on constantly varied, functional movements executed at high level of intensity appropriate for the
individual. CrossFit is not a specialized fitness program but a deliberate attempt to optimize physical competence in each of ten recognized fitness domains: cardiovascular and respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy. This course is appropriate for all levels of fitness and/or experience.

Fall 2014: Class will begin September 9th
Lab Fee: Contact x5715 for current fees
Location: CrossFit Spokane, 116 East Augusta
Phone Number: 509-466-6590
Days: Tuesday and Thursday
Time: 10:00 – 11:00 am

Students are responsible for their own transportation.

EDPE 114-01    Zumba
Zumba is a fusion of Latin and International Music-dance themes creating a dynamic, exciting, effective fitness system. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principals of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It targets areas such as the glutes, legs, arms, abdominals and the heart. It is a mixture of body sculpting movements with easy to follow dance steps.

Location: Rudolf Fitness Center
Days: Monday and Wednesday
Times: 9:00 – 9:50 am
Instructor: Lynette Ryan

EDPE 114-02    Zumba
Zumba is a fusion of Latin and International Music-dance themes creating a dynamic, exciting, effective fitness system. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principals of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It targets areas such as the glutes, legs, arms, abdominals and the heart. It is a mixture of body sculpting movements with easy to follow dance steps.

Location: Rudolf Fitness Center
Days: Tuesday and Thursday
Times: 2:10 – 3:00 pm
Instructor: Lynette Ryan

EDPE 115-01    Aerobics
Geared to all who want to sweat and have fun in a group fitness class. Classes will be a combination of step and floor aerobics, aerobic kickboxing,
circuit training, body toning, and general cardiovascular workouts. Classes vary by day and instructor focus.

Location: Rudolf Fitness Center
Days: Monday and Wednesday
Time: 2:10 – 3:00 pm
Instructor: Lori Snyder

EDPE 115-02  Aerobics
Geared to all who want to sweat and have fun in a group fitness class. Classes will be a combination of step and floor aerobics, aerobic kickboxing, circuit training, body toning, and general cardiovascular workouts. Classes vary by day and instructor focus.

Location: Rudolf Fitness Center
Days: Tuesday and Thursday
Time: 1:10 – 2:00 pm
Instructor: Lori Snyder

EDPE 115-03  Aerobics
Geared to all who want to sweat and have fun in a group fitness class. Classes will be a combination of step and floor aerobics, aerobic kickboxing, circuit training, body toning, and general cardiovascular workouts. Classes vary by day and instructor focus.

Location: Rudolf Fitness Center
Days: Monday and Wednesday
Time: 3:10 – 4:00 pm
Instructor: Dawn Pullin

EDPE 115-04  Aerobics
Geared to all who want to sweat and have fun in a group fitness class. Classes will be a combination of step and floor aerobics, aerobic kickboxing, circuit training, body toning, and general cardiovascular workouts. Classes vary by day and instructor focus.

Location: Rudolf Fitness Center
Days: Tuesday and Thursday
Time: 7:00 – 7:50 am
Instructor: Dawn Pullin

EDPE 116-01  Cardio Pump
Cardio Pump is a barbell class that will strengthen and tone your entire body. This 50-minute workout will challenge all of your major muscle groups by using exercises like squats, presses, lifts and curls in high repetition set to music.

Location: Rudolf Fitness Center
Days: Monday and Wednesday  
Times: 7:00 – 7:50 am  
Instructor: Krystal Tippett

EDPE 117-01 Social Dance – Ballroom  
Students will learn the fundamentals of different styles of dance. Social dancing provides an outlet for increasing an individual’s social, mental, and physiological development in a fun, low pressure environment. The fall semester will focus on the basics of Swing & Ballroom dance styles as well as the etiquette that goes along with all partner-style dances. Spring semesters will introduce Latin styles of dance. Learning how to dance is a mental and physical challenge but it’s also extraordinarily fun!

Fall 2014: Class will begin September 9th  
Location: Dance Street Ballroom  
Lab Fee: Contact x5715 for fees  
Class information can also be found at www.dancestreetballroom.com  
Day: Tuesday  
Time: 6:20 – 7:35 pm  
**Students are responsible for their own transportation.**

EDPE 117-02 Social Dance – Ballroom  
Students will learn the fundamentals of different styles of dance. Social dancing provides an outlet for increasing an individual’s social, mental, and physiological development in a fun, low pressure environment. The fall semester will focus on the basics of Swing & Ballroom dance styles as well as the etiquette that goes along with all partner-style dances. Spring semesters will introduce Latin styles of dance. Learning how to dance is a mental and physical challenge but it’s also extraordinarily fun!

Fall 2014: Class will begin September 10th  
Location: Dance Street Ballroom  
Lab Fee: Contact x5715 for fees  
Class information can also be found at www.dancestreetballroom.com  
Day: Wednesday  
Time: 5:20 – 6:35 pm  
**Students are responsible for their own transportation.**

EDPE 118-01 Barre Long and Lean  
Barre Long and Lean is a full-body workout that yields powerful results quickly. Classes utilize a ballet barre to build long, lean muscles and a functional body. Components of class include yoga, pilates, strength training and stretching. No experience is necessary and all levels of fitness are welcome. The hour-long classes will combine the lengthening and toning power of pilates with flexibility, strength-building and balance of ballet and yoga. By working the deeper muscles you will develop a long, lean figure and strengthen the core muscles that support optimal posture and health.
Fall 2014: Class will begin September 8th
Location: Spokane Barre Studio, 201 West Riverside, STE 201
Lab Fee: Contact x5715 for fees
Class information can also be found at www.spokanebarre.com
Day/Time: Students will pick two classes to attend each week based off of the studio offerings
There will be a mandatory orientation at 7pm on Monday September 8th at the studio.
Students are responsible for their own transportation.

**EDPE 124-01  Beginning Fencing**
Students will be provided with a progressive sequence of skills and activities designed to provide a basic understanding of fencing including strategies, techniques, terminology, and safety concepts. This course is designed to provide an individual with a co-educational experience emphasizing a sense of cooperation, healthy competition, and personal enjoyment.

Location: Martin Centre Day Court
Days: Tuesday and Thursday
Time: 11:00 – 11:50 am
Lab Fee: Contact x5715 for fees
Instructor: Steve Delong

**EDPE 126-01  Beginning Golf**
Each session will consist of a review of basic fundamentals of grip, stance, ball positioning and swing mechanics. The first session will include: course overview, safety concerns in the game of golf and putting. The second session will be chipping; the third session will consist of sing with the short irons; the forth session will cover the full swing with mid irons; the fifth session will cover full swing with woods; the sixth and final session will go over bunker play, course review and etiquette.

Fall 2014: Class will begin September 9th
Lab Fee: Contact x5715 for fees
Location: Qualchan Golf Course, 301 East Meadowlane Road
Phone Number: 509-448-9317
Day: Tuesdays
Time: 3:30 – 5:00 pm
Students must provide their own transportation.

**EDPE 126-02  Beginning Golf**
Each session will consist of a review of basic fundamentals of grip, stance, ball positioning and swing mechanics. The first session will include: course overview, safety concerns in the game of golf and putting. The second session will be chipping; the third session will consist of sing with the short irons; the forth session will cover the full swing with mid irons; the fifth session will cover full swing with woods; the sixth and final session will go over bunker play, course review and etiquette.

Fall 2014: Class will begin September 10th
Lab Fee: Contact x5715 for fees  
Location: Qualchan Golf Course, 301 East Meadowlane Road  
Phone Number: 509-448-9317  
Day: Wednesdays  
Time: 3:30 – 5:00 pm  
Students must provide their own transportation.

EDPE 127-01 Intermediate/Advanced Golf  
This course is a continuation from EDPE 126. It is designed to provide more advanced instruction for individuals with greater than beginning skills. It will discuss and emphasize stroke refinement and special play situations.

Fall 2014: Class will begin September 9th  
Lab Fee: Contact x5715 for fees  
Location: Qualchan Golf Course, 301 East Meadowlane Road  
Phone Number: 509-448-9317  
Day: Tuesdays  
Time: 2:00 – 3:15 pm  
Students must provide their own transportation.

EDPE 127-02 Intermediate/Advanced Golf  
This course is a continuation from EDPE 126. It is designed to provide more advanced instruction for individuals with greater than beginning skills. It will discuss and emphasize stroke refinement and special play situations.

Fall 2014: Class will begin September 11th  
Lab Fee: Contact x5715 for fees  
Location: Qualchan Golf Course, 301 East Meadowlane Road  
Phone Number: 509-448-9317  
Day: Thursdays  
Time: 3:30 – 5:00 pm  
Students must provide their own transportation.

EDPE 129-01 Self Defense/Judo  
The purpose of this class is for the student to develop the skills necessary to participate in the martial art of judo, as well as basic self defense skills. It is also designed to provide an avenue to maintain a quality physical and mental outlet to lead a healthier lifestyle. The course will include standing basics, moving basics, kata, and basic throwing and falling techniques.

Location: Rudolf Fitness Center  
Days: Monday and Wednesday  
Time: 1:10 – 2:00 pm  
Instructor: Bruce McDavis

EDPE 130-01 Triathlon Training  
The emphasis of this course will be on preparing students for triathlon events, with skill development in the areas of swimming, biking and running. This course will incorporate a variety of training methods to ensure
progressive development of individual cardiovascular fitness. This class is only offered in the spring.

Location: Rudolf Fitness Center
Days: Tuesday and Thursday
Time: 9:00 – 9:50 am
Instructor: TBA

**EDPE 136-01 Scuba**
The purpose of an Open Water Diver Scuba Diving course is to equip each student with the proper knowledge and skills to become a safe and independent diver. The goal of this class is to work towards becoming a certified, safe and educated diver that respects and enjoys the underwater world. All academics and water skills will be taught in a realistic manner with references to practical diving situations.

Fall 2014: Class will begin September 8th
Lab Fee: Contact x5715 for fees
Location: Rudolf Fitness Center Pool
Days: Monday
Times: 6:00 – 10:00 pm
Instructor: Randall Kendall

**EDPE 136-02 Scuba**
The purpose of an Open Water Diver Scuba Diving course is to equip each student with the proper knowledge and skills to become a safe and independent diver. The goal of this class is to work towards becoming a certified, safe and educated diver that respects and enjoys the underwater world. All academics and water skills will be taught in a realistic manner with references to practical diving situations.

Fall 2014: Class will begin September 10th
Lab Fee: Contact x5715 for rates
Location: Rudolf Fitness Center Pool
Days: Wednesday
Times: 6:00 – 10:00 pm
Instructor: Randall Kendall

**EDPE 137-01 Skiing and Snowboarding Conditioning**
This class is designed to progressively build strength and endurance in the months leading up to the winter sports season through sport-specific strength, balance, and injury prevention exercises using U-District PT’s state of the art training equipment.

Fall 2014: Class will begin September 9th
Lab Fee: Contact x5715 for rates
Location: U-District Physical Therapy
Address: 730 North Hamilton Street
**Days:** Tuesday and Thursday
**Times:** 1:00 – 2:00 pm
**Instructor:** Nick Carlone

**EDPE 138-01**  **Alpine Skiing**
This course is open to both non-skiers and skiers of various abilities. You’ll have fun while learning or improving your ski skills and get credit at the same time. The course runs for six consecutive Saturdays. **This class is only offered in the spring.**

Spring 2015: TBA
Lab Fee: Contact x5715 for fees
Location: 49 Degrees North
Phone Number: 866-376-4949
Day: Saturday
Time: 10:00 am – 2:00 pm (vary depending on ability level)
*Students are responsible for their own transportation.*

**EDPE 138-02**  **Alpine Skiing**
This course is open to both non-skiers and skiers of various abilities. You’ll have fun while learning or improving your ski skills and get credit at the same time. The course runs for six consecutive Friday evenings. **This class is only offered in the spring.**

Spring 2015: TBA
Lab Fee: Contact x5715 for fees
Location: Mt. Spokane
Phone Number: 509-238-2220
Day: Friday
Time: 5:00 – 10:00 pm
*Students are responsible for their own transportation.*

**EDPE 140-01**  **Snowboarding**
This course is open to snowboarders of all abilities. You’ll have fun while learning or improving your snowboarding skills and get credit at the same time. The course runs for six consecutive Saturdays. **This class is only offered in the spring.**

Spring 2015: TBA
Lab Fee: Contact x5715 for fees
Location: 49 Degrees North
Phone Number: 866-376-4949
Day: Saturday
Time: 10:00 am – 2:00 pm (vary depending on ability level)
*Students are responsible for their own transportation.*

**EDPE 140-02**  **Snowboarding**
This course is open to snowboarders of all abilities. You’ll have fun while learning or improving your snowboarding skills and get credit at the same
time. The course runs for six consecutive Friday evenings. This class is only offered in the spring.

Spring 2015: TBA
Lab Fee: Contact x5715 for fees
Location: Mt. Spokane
Phone Number: 509-238-2220
Day: Friday
Time: 5:00 – 10:00 pm
Students are responsible for their own transportation.

EDPE 146-01 Soccer and Volleyball
This class is designed to provide students with a progressive sequence of skills and activities designed to offer a basic understanding in both Soccer and Volleyball. Game strategies, techniques, terminology, rules and safety will be covered in this class. Students will participate in organized games and skill competitions against classmates.

Location: Rudolf Fitness Center Field House/Mulligan Field
Days: Tuesday and Thursday
Times: 11:00 – 11:50 am
Instructor: TBA

EDPE 147-01 Softball and Volleyball
This class is designed to provide students with a progressive sequence of skills and activities designed to offer a basic understanding in both Softball and Volleyball. Game strategies, techniques, terminology, rules and safety will be covered in this class. Students will participate in organized games and skill competitions against classmates.

Location: Rudolf Fitness Center Field House/Mulligan Field
Days: Monday and Wednesday
Times: 1:10 – 2:00 pm
Instructor: TBA

EDPE 152-01 Racquet Sports
This class is designed to provide students with a progressive sequence of skills and activities designed to offer a basic understanding in both racquetball and tennis. Game strategies, techniques, terminology, rules and safety will be covered in this class. Students will participate in organized games and skill competitions against classmates. This class is only offered in the spring.

Location: Rudolf Fitness Center Field House
Days: Tuesday and Thursday
Times: 1:10 – 2:00 pm
Instructor: TBA
EDPE 155-01  **Soccer and Basketball**
This class is designed to provide students with a progressive sequence of skills and activities designed to offer a basic understanding in both soccer and basketball. Game strategies, techniques, terminology, rules and safety will be covered in this class. Students will participate in organized games and skill competitions against classmates.

*Location: Rudolf Fitness Center Field House/Mulligan Field*
*Days: Monday and Wednesday*
*Times: 1:10 – 2:00 pm*
*Instructor: TBA*

EDPE 156-01  **Pilates**
This Pilates class is designed to strengthen and lengthen the core muscles of the body. Using a combination of mat-work exercises, yoga-like postures, and strength conditioning skills, this Pilates class will focus on abdominal muscles, the muscles of the upper and lower back, including the shoulders, and the muscles surrounding the pelvis and glutes. This class will include beginner through intermediate level Pilates exercises and is appropriate for all ages and fitness levels.

*Location: Rudolf Fitness Center*
*Days: Monday and Wednesday*
*Times: 11:00 – 11:50 am*
*Instructor: Lynette Ryan*

EDPE 156-02  **Pilates**
This Pilates class is designed to strengthen and lengthen the core muscles of the body. Using a combination of mat-work exercises, yoga-like postures, and strength conditioning skills, this Pilates class will focus on abdominal muscles, the muscles of the upper and lower back, including the shoulders, and the muscles surrounding the pelvis and glutes. This class will include beginner through intermediate level Pilates exercises and is appropriate for all ages and fitness levels.

*Location: Rudolf Fitness Center*
*Days: Tuesday and Thursday*
*Times: 9:00 – 9:50 am*
*Instructor: Jacqui Hood*

EDPE 156-03  **Pilates**
This Pilates class is designed to strengthen and lengthen the core muscles of the body. Using a combination of mat-work exercises, yoga-like postures, and strength conditioning skills, this Pilates class will focus on abdominal muscles, the muscles of the upper and lower back, including the shoulders, and the muscles surrounding the pelvis and glutes. This class will include
beginner through intermediate level Pilates exercises and is appropriate for all ages and fitness levels.

*Location: Rudolf Fitness Center*
*Days: Monday and Wednesday*
*Times: 10:00 – 10:50 am*
*Instructor: Lynette Ryan*

**EDPE 157-01  Yoga**
This class is designed to promote individual fitness for total mind/body health. The primary emphasis will focus on strength and stretching movements, incorporating breathing and relaxation techniques. Students will benefit from greater body awareness, increased strength, flexibility, and an overall feeling of well being. This class is appropriate for all ages and fitness levels.

*Location: Rudolf Fitness Center*
*Days: Tuesday and Thursday*
*Times: 3:10 – 4:00 pm*
*Instructor: Rachel Brown*

**EDPE 157-02  Yoga**
This class is designed to promote individual fitness for total mind/body health. The primary emphasis will focus on strength and stretching movements, incorporating breathing and relaxation techniques. Students will benefit from greater body awareness, increased strength, flexibility, and an overall feeling of well being. This class is appropriate for all ages and fitness levels.

*Location: Rudolf Fitness Center*
*Days: Monday and Wednesday*
*Times: 12:00 – 12:50 pm*
*Instructor: Kelly Thielbahr*

**EDPE 157-03  Yoga**
This class is designed to promote individual fitness for total mind/body health. The primary emphasis will focus on strength and stretching movements, incorporating breathing and relaxation techniques. Students will benefit from greater body awareness, increased strength, flexibility, and an overall feeling of well being. This class is appropriate for all ages and fitness levels.

*Location: Rudolf Fitness Center*
*Days: Monday and Wednesday*
*Times: 4:10 – 5:00 pm*
*Instructor: Jocelyn Ribar*

**EDPE 157-04  Yoga**
This class is designed to promote individual fitness for total mind/body health. The primary emphasis will focus on strength and stretching movements, incorporating breathing and relaxation techniques. Students will benefit from greater body awareness, increased strength, flexibility, and an overall feeling of well being. This class is appropriate for all ages and fitness levels.

Location: Rudolf Fitness Center  
Days: Tuesday and Thursday  
Times: 4:10 – 5:00 pm  
Instructor: Rachel Brown

EDPE 157-05  Yoga  
This class is designed to promote individual fitness for total mind/body health. The primary emphasis will focus on strength and stretching movements, incorporating breathing and relaxation techniques. Students will benefit from greater body awareness, increased strength, flexibility, and an overall feeling of well being. This class is appropriate for all ages and fitness levels.

Location: Rudolf Fitness Center  
Days: Monday and Wednesday  
Times: 8:00 – 8:50 am  
Instructor: Nina Volostnova

EDPE 157-06  Yoga  
This class is designed to promote individual fitness for total mind/body health. The primary emphasis will focus on strength and stretching movements, incorporating breathing and relaxation techniques. Students will benefit from greater body awareness, increased strength, flexibility, and an overall feeling of well being. This class is appropriate for all ages and fitness levels.

Location: Rudolf Fitness Center  
Days: Tuesday and Thursday  
Times: 12:00 – 12:50 pm  
Instructor: Kelly Thielbahr

EDPE 157-07  Yoga  
This class is designed to promote individual fitness for total mind/body health. The primary emphasis will focus on strength and stretching movements, incorporating breathing and relaxation techniques. Students will benefit from greater body awareness, increased strength, flexibility, and an overall feeling of well being. This class is appropriate for all ages and fitness levels.

Location: Rudolf Fitness Center
EDPE 158-01 **Fitness and Conditioning**
Fitness and Conditioning is a great class for both the beginning exerciser and the fitness enthusiast. This course is designed to help increase individuals’ cardiovascular endurance, speed and agility, and upper body, lower body, and core strength. This class will introduce individuals to a variety of activities that will lead to an overall improvement of body conditioning: weight training, running/walking, calisthenics, plyometrics, utilizing stationary equipment and exercise balls, along with some organized physical activities.

*Location: Rudolf Fitness Center*
*Days: Tuesday and Thursday*
*Times: 11:00 – 11:50 am*
*Instructor: Kelly Thielbahr*

EDPE 158-02 **Fitness and Conditioning**
Fitness and Conditioning is a great class for both the beginning exerciser and the fitness enthusiast. This course is designed to help increase individuals’ cardiovascular endurance, speed and agility, and upper body, lower body, and core strength. This class will introduce individuals to a variety of activities that will lead to an overall improvement of body conditioning: weight training, running/walking, calisthenics, plyometrics, utilizing stationary equipment and exercise balls, along with some organized physical activities.

*Location: Rudolf Fitness Center*
*Days: Monday and Wednesday*
*Times: 7:00 – 7:50 am*
*Instructor: TBA*

EDPE 160-01 **Weight Training**
This course is designed for students with all levels of weight training experience. Students will be supervised and instructed in the proper lifting techniques. This class gives instruction and practice in the use of resistance exercise for increasing muscular strength and endurance. The course will emphasize different effects from different workout types and proper lifting technique to help individuals meet their goals. Additionally, students will learn general weight room safety, spotting techniques and weight room etiquette.

*Location: Rudolf Fitness Center*
*Days: Monday and Wednesday*
*Times: 8:00 – 8:50 am*
*Instructor: TBA*
EDPE 160-02  Weight Training
This course is designed for students with all levels of weight training experience. Students will be supervised and instructed in the proper lifting techniques. This class gives instruction and practice in the use of resistance exercise for increasing muscular strength and endurance. The course will emphasize different effects from different workout types and proper lifting technique to help individuals meet their goals. Additionally, students will learn general weight room safety, spotting techniques and weight room etiquette.

Location: Rudolf Fitness Center
Days: Tuesday and Thursday
Times: 8:00 – 8:50 am
Instructor: TBA

EDPE 160-03  Weight Training
This course is designed for students with all levels of weight training experience. Students will be supervised and instructed in the proper lifting techniques. This class gives instruction and practice in the use of resistance exercise for increasing muscular strength and endurance. The course will emphasize different effects from different workout types and proper lifting technique to help individuals meet their goals. Additionally, students will learn general weight room safety, spotting techniques and weight room etiquette.

Location: Rudolf Fitness Center
Days: Tuesday and Thursday
Times: 9:00 – 9:50 am
Instructor: TBA

EDPE 160-04  Weight Training
This course is designed for students with all levels of weight training experience. Students will be supervised and instructed in the proper lifting techniques. This class gives instruction and practice in the use of resistance exercise for increasing muscular strength and endurance. The course will emphasize different effects from different workout types and proper lifting technique to help individuals meet their goals. Additionally, students will learn general weight room safety, spotting techniques and weight room etiquette.

Location: Rudolf Fitness Center
Days: Monday and Wednesday
Times: 9:00 – 9:50 am
Instructor: TBA

EDPE 161-01  Studio Yoga
Experience yoga in off-campus in a warm room exclusively dedicated to the practice of yoga, meditation and study. At Spokane Yoga Shala, Ashtanga Vinyasa Yoga is taught. Ashtanga involves the practice of a specific sequence of poses combined with an equally specific way of deep, calm breathing. These two aspects together create vinyasa (breath led movement). This practice of vinyasa then generates heat which over time can rid the body of the harmful by-products of our everyday stressful lives. Ashtanga is a physically challenging form of yoga and practitioners quickly notice an increase in flexibility, strength and endurance.

**Fall 2014:** Class will begin the second week of the semester
Lab Fee: Contact x5715 for fees
Locations: Spokane Yoga Shala 731 S. Garfield
Days: To be arranged with Spokane Yoga Shala
Times: To be arranged with Spokane Yoga Shala
Instructor: Spokane Yoga Shala

*Students must provide their own transportation.*

**EDPE 164-01**  
**Beginning Fly Fishing**

The purpose of this class is to provide beginning fly fishers, or those who need some basic assistance, with a comprehensive course on the essentials of fly fishing. Intermediate students can also enroll in this class to enrich their technical skills. The class will cover equipment; casting; basic entomology (fish food sources); water reading; fly selection and knot tying; safety; fishing strategies in both still and moving water; and if time allows an introduction to fly tying.

**Fall 2014:** Class will begin September 8th
Lab Fee: Contact x5715 for fees
Location: MC 202C
Day: Monday
Time: 4:00 – 6:00 pm
Instructor: Stann Grater

**EDPE 164-01**  
**Beginning Fly Fishing**

The purpose of this class is to provide beginning fly fishers, or those who need some basic assistance, with a comprehensive course on the essentials of fly fishing. Intermediate students can also enroll in this class to enrich their technical skills. The class will cover equipment; casting; basic entomology (fish food sources); water reading; fly selection and knot tying; safety; fishing strategies in both still and moving water; and if time allows an introduction to fly tying.

**Fall 2014:** Class will begin September 8th
Lab Fee: Contact x5715 for fees
Location: MC 202C
Day: Monday
Time: 1:10 – 3:00 pm
Instructor: Stann Grater

**EDPE 165-01  Beginning Horseback Riding**
This class is designed to provide students with knowledge of basic horsemanship emphasizing safety and recreational enjoyment. Class sessions will emphasize horsemanship etiquette, terminology, and safety concepts. By the end of the course, students will be able to demonstrate basic care of the horse, correct riding positions, skills and aids necessary for proper horsemanship, and an appreciation for horseback riding.

*Fall 2014: Class will begin September 9th*
*Lab Fee: Contact x5715 for fees*
*Location: Double Eagle Stables*
*Phone Number: 509-466-8895*
*Day: Tuesday*
*Time: 6:30 – 8:30 pm*
*Instructor: Betty Hirst*

*Students must provide their own transportation.*

**EDPE 165-02  Beginning Horseback Riding**
This class is designed to provide students with knowledge of basic English and/or Western riding and horsemanship emphasizing safety and recreational enjoyment. Class sessions will emphasize horsemanship etiquette, terminology, and safety concepts. By the end of the course, students will be able to demonstrate basic care of the horse, correct riding positions, skills and aids necessary for proper horsemanship, and an appreciation for horseback riding.

*Fall 2014: Class will begin September 11th*
*Lab Fee: Contact x5715 for fees*
*Location: Double Eagle Stables*
*Phone Number: 509-466-8895*
*Day: Thursday*
*Time: 6:30 – 8:30 pm*
*Instructor: Betty Hirst*

*Students must provide their own transportation.*

**EDPE 166-01  Intermediate Horseback Riding**
A continuation of EDPE 165, this class is designed to move the student to an intermediate level of English riding while emphasizing horsemanship and safety. This class will focus on gaining a greater appreciation in horsemanship by further developing horsemanship skills, respect for horses, refinement in position and aids for English riding and an introduction to Dressage principles and jumping.

*Fall 2014: Class will begin September 8th*
*Lab Fee: Contact x5715 for fees*
*Location: Double Eagle Stables*
EDPE 166-02 Intermediate Horseback Riding
A continuation of EDPE 165, this class is designed to move the student to an intermediate level of English riding while emphasizing horsemanship and safety. This class will focus on gaining a greater appreciation in horsemanship by further developing horsemanship skills, respect for horses, refinement in position and aids for English riding and an introduction to Dressage principles and jumping.

Fall 2014: Class will begin September 11th
Lab Fee: Contact x5715 for fees
Location: Double Eagle Stables
Phone Number: 509-466-8895
Day: Thursday
Time: 2:30 – 4:30 pm
Instructor: Betty Hirst
Students must provide their own transportation.

EDPE 166-03 Intermediate Horseback Riding
A continuation from EDPE 165, this course will further enhance a student’s knowledge in Western horseback riding. The class is designed to move the student to an intermediate level of Western riding while emphasizing horsemanship and safety. It is also designed to allow the students to gain a greater appreciation in horsemanship, respect for horses, refinement in position and aids for Western riding and an introduction to Dressage principles and jumping.

Fall 2014: Class will begin September 9th
Lab Fee: Contact x5715 for fees
Location: Double Eagle Stables
Phone Number: 509-466-8895
Day: Tuesday
Time: 2:30 – 4:30 pm
Instructor: Betty Hirst
Students must provide their own transportation.

EDPE 167-01 Advanced Horseback Riding
A continuation of EDPE 166, this class is designed to allow the student to progress safely to an advanced level of English style riding and horsemanship. This class will focus on gaining a greater appreciation in horsemanship, respect for horses, refinement in positions and aids for English riding and more advanced information into Dressage principles and jumping.
EDPE 170-02  Ice Skating
Beginners to intermediate ice skaters will enjoy this class. Improve your skating skills with experienced instructors at the Riverfront Park Ice Palace. Not only will students be given plenty of instruction and free skate, but games are incorporated into the class as well. This class is only offered in the spring.

Spring 2015: TBA
Lab Fee: Contact x5715 for fees
Location: Riverfront Park Ice Palace
Phone Number: 509-626-6612
Day: Thursday
Time: 5:15 – 7:15 pm
Instructor: TBA
Students must provide their own transportation.

EDPE 175-01  Beginning Gym Climbing
This course teaches students the basic climbing skills. The emphasis of this course will be on climbing technique and physical training through climbing in the gym. This course is held at Wild Walls Climbing Gym which is a state of the art 40 foot high monolith with over 6000 square feet of climbing terrain. There are over 35 ropes for top roping, a bouldering cave and 50 routes that are changed on a continual basis.

Fall 2014: Class will begin the second week of the semester
Lab Fee: Contact x5715 for fees
Location: Wild Walls
Phone Number: 509-455-9596
Day: You will arrange your climbing schedule with Wild Walls
Instructor: TBA
There will be a mandatory orientation at Wild Walls the first week of classes. At this time you will be able to sign up for climbing times that work with your schedule. Days and times for the orientation will be posted as that time approaches. Students must provide their own transportation.

EDPE 176-01  Intermediate Gym Climbing
This course is geared toward students who already have the basic climbing skills. Knowledge needed for this class is: be an experienced belayer, tie a figure eight follow through knot and understand the basic terminology
associated with climbing. The emphasis of this course will be on climbing technique and physical training through climbing in the gym. This course is held at Wild Walls Climbing Gym which is a state of the art 40 foot high monolith with over 6000 square feet of climbing terrain. There are over 35 ropes for top roping, a bouldering cave and 50 routes that are changed on a continual basis.

Fall 2014: Class will begin the second week of the semester
Lab Fee: Contact x5715 for fees
Location: Wild Walls
Phone Number: 509-455-9596
Day: You will arrange your climbing schedule with Wild Walls
Instructor: TBA
There will be a mandatory orientation at Wild Walls the first week of classes. At this time you will be able to sign up for climbing times that work with your schedule. Days and times for the orientation will be posted as that time approaches. Students must provide their own transportation.

EDPE 178-01 Racquetball
This class is designed to provide students with a progressive sequence of skills and activities designed to offer a basic understanding the sport of racquetball. Game strategies, techniques, terminology, rules and safety will be covered in this class. Students will participate in organized games and skill competitions against classmates. This class is only offered in the fall.

Location: Rudolf Fitness Center
Days: Tuesday and Thursday
Times: 2:10 – 3:00 pm
Instructor: TBA

EDPE 188-01 PiYo
This class is designed to promote individual fitness for total mind/body health through a combination of mat Pilates and yoga. The primary emphasis will be on strengthening and stretching movements, from each tradition, along with the varied breathing techniques associated with each. Appropriate for all ages and fitness levels, the students will benefit from greater body awareness, increased strength, flexibility, and an overall feeling of well being.

Location: Rudolf Fitness Center
Days: Tuesday and Thursday
Times: 10:00 – 10:50 pm
Instructor: Jacqui Hood

All classes will start in conjunction with Gonzaga University's schedule, unless otherwise noted.