

GCC Main Campus Group Fitness Schedule Spring 2024 January 13, 2024 – May 10, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00 - 8:50am Yoga-lattes-Mat ✔ FW-01 Susie Meeting ID: 993 9354 4059		8:00 - 8:50am Gentle Yoga-Mat ✔ FW-01 Susie Meeting ID: 993 9354 4059	8:00 - 8:50am Pilates-Mat ✔ FW-01 Susie Meeting ID: 993 9354 4059	8:30am – 9:30am Total Body Conditioning ✔ FW-01 Wendy Meeting ID: 926 3580 6238
9:00 - 9:50am Strength & Cardio Intervals ✔ FW-01 Susie Meeting ID: 945 1803 6238	9:00 - 9:50am Cardio-Low Impact ✔ FW-01 Sherry Meeting ID: 961 2121 5048	9:00 - 9:50am Strength & Balance Mixer ✔ FW-01 Susie Meeting ID: 945 1803 6238	9:00 - 9:50am Total Body Conditioning ✔ FW-01 Sherry Meeting ID: 961 2121 5048	9:00 - 9:50am Step Interval ✔ FW-01 Susie Meeting ID: 945 1803 6238	
10:00 - 10:50am Yoga - Chair & Mat ✔ FW-01 Susie Meeting ID: 955 4800 6736	10:00 - 10:50am Stretching for Flexibility-Mat ✔ FW-01 Sherry Meeting ID: 963 2654 3771	10:00 - 10:50am Yoga - Chair & Mat ✔ FW-01 Susie Meeting ID: 955 4800 6736	10:00 - 10:50am Stretching for Flexibility-Mat ✔ FW-01 Sherry Meeting ID: 963 2654 3771	10:00 - 10:50am Yoga - Chair & Mat ✔ FW-01 Susie Meeting ID: 955 4800 6736	Good VIBES Only!
11:00 - 11:50am Stretching for Flexibility-Mat ✔ FW-01 Sherry Meeting ID: 936 2087 0646	11:00 - 11:50am SilverSneakers Classic® ✔ FW-01 Sherry Meeting ID: 942 8697 1135	11:00 - 11:50am Line Dance Mix ✔ FW-01 Susie Meeting ID: 914 0926 9206	11:00 - 11:50am SilverSneakers Classic® ✔ FW-01 Sherry Meeting ID: 942 8697 1135	Dates listed below 11:00 - 11:50am Live Sound Meditation ■ FW-53 Susie January 26 - February 9, 23 March 8, 22 - April 5, 19	
12:00-12:50pm Tai Chi ■ FW-01 Joseph		12:00-12:50pm Tai Chi ■ FW-01 Joseph			
12:00-3:00pm Lap Swim – GCC Pool		12:00-3:00pm Lap Swim – GCC Pool		12:00-3:00pm Lap Swim – GCC Pool	
5:30 - 6:30pm Strength & Cardio Intervals ✔ FW-01 Maliheh Meeting ID: 971 7443 6416	5:30 - 6:30pm Gentle Yoga ✔ FW-53 Emily Meeting ID: 948 4408 3571 6:30 - 7:00pm FW-53 ■ Live Sound Meditation	5:30 - 6:30pm Yoga Sculpt ✔ FW-01 Liana Meeting ID: 922 0674 1642	5:30 - 6:30pm Gentle Yoga ✔ FW-53 Gloria Meeting ID: 958 9028 0625	Follow these simple steps to participate! <ul style="list-style-type: none"> • Check-in with your GCC ID prior to class at the Fitness Center front desk & collect a class pass for each class you plan to attend. Take the class pass directly to the class room. • Please arrive to class on time, late arrivals will not be permitted. • Open Lap Swim: check in at the pool with your GCC ID. 	

Key Code: ■ Classes are available in-person only. ✔ (In-Person & Virtual) Classes will be offered both in-person and virtually simultaneously.

Classes are subject to change

Fitness Center Hours of Operation

Visit our website www.gccaz.edu/fc or pick up a hours of operation card at the fitness center front desk.
Front Desk Phone: 623-845-3800

Spring Holiday Schedule

Monday, January 15 - Martin Luther King, Jr. Day - **Closed**
Monday, February 19 - Presidents' Day - **Closed**

Stay Connected With Us!

Website: www.gccaz.edu/fc
Instagram: gccfitnesswellness
Facebook: www.facebook.com/gccfitnesswellness

Cardio Low Impact: (Level: Intermediate) Get your heart rate pumping with this easy to follow choreograph low impact workout. Easy on the joints while increasing the heartrate to burn, burn, burn those calories.

Gentle Yoga: (Level: All) This is a slower paced yoga class that combines gentle yoga postures.

Line Dance Mix: (Level: Beginner/Intermediate) Enjoy this mix of line dance and dance cardio to fun songs. A brief introduction of dance steps will be provided for each dance. Dance cardio will provide a variety of easy to follow dance choreography.

Live Sound Meditation: (Level: All) Relax, balance and restore! Attendees are “bathed” in sound waves and vibrations. These waves are produced by various sources, including instruments such as gongs, singing bowls, percussions and chimes. Relax, restore and experience deep meditation!

Open Lap Swim: (Level: All) Open lap swim. Check in directly at the GCC pool. Visit our website for more information: <https://www.gccaz.edu/community/fitness-centers/aquatics>.

Pilates - Mat: (Level: Beginner/Intermediate) The Pilates system teaches exercises with the emphasis on proper postural alignment, core strength, muscular balance and flexibility. Pilates is performed entirely from mat on the floor. A strong core supports the spine!

SilverSneakers® Classic: (Level: Beginner) Increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support. Options will be offered for all levels of fitness. Participants may remain seated for the entire class.

Step Interval: (Level: Beginner/Intermediate) This class incorporates the use of a 4” step platform (platform use is optional). Cardiovascular exercise with easy to follow choreography alternated with strength conditioning exercises.

Strength & Balance Mixer: (Level: Beginner/Intermediate) A variety of exercises: balance training drills, strength conditioning, body weight exercises, cognitive function training and core. This class provides an overall full body workout.

Strength & Cardio Intervals: (9am Class Level: Beginner/Intermediate) (5:30pm Class Level: Intermediate/Advanced) Upper and lower body strength conditioning exercises alternated with short sessions of cardio. Exercises will be performed for either a set number of repetitions or a prescribed amount of time. Core exercises will be offer from floor/mat position or seated in a chair.

Stretching for Flexibility-Mat: (Level: All) Yoga poses and stretching technique will be offered in this class to increase flexibility.

Tai Chi: (Level: Beginner/Intermediate/Advanced) Slow gentle movements, meditation in motion. Tai Chi improves physical and mental health as well as improves posture, balance, flexibility and strength.

Total Body Conditioning + 30 Minute Stretch: (Level: Intermediate/Advanced) This class will target all major muscle groups. Strengthen and tone your body while improving flexibility.

Yoga - Chair & Mat: (Level: Beginner) Gentle chair and mat yoga. Harmonize and balance the mind, body and soul. Yoga builds strength, increases flexibility and breath awareness via Asanas (poses). Modifications will be offered to allow participants to practice within their fitness level. Seated and mat poses will be coached, participants may remain seated for the entire class.

Yoga-lattes-Mat: This class offers a gentle approach to the muscle-sculpting core benefits of Pilates with flexibility benefits of yoga.

Yoga Sculpt: (Level: Intermediate) Yoga Sculpt is a unique combination of yoga and strength training designed to create a full-body workout. Combining traditional yoga poses and principles with strength training and hand weights, this workout will leave you feeling stronger, refreshed and uplifted.

Note: All classes will offer modifications and options to increase or decrease intensity for all fitness levels.