

GCC North Group Fitness Schedule

January 13, 2024 – May 10, 2024

Spring 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00 - 8:50am Cardio Mixer ✔ Penny Meeting ID: 949 8110 0412		8:00 - 8:50am Balance Mixer ✔ Penny Meeting ID: 949 8110 0412		
9:00 - 9:50am Cardio & Strength Intervals ✔ Roxie Meeting ID: 929 2776 2685	9:00 - 9:50am Balance Mixer ✔ Penny Meeting ID: 937 5840 5967	9:00 - 9:50am Cardio Body Sculpt ✔ Paloma Meeting ID: 991 6673 8399	9:00 - 9:50am Cardio Mixer ✔ Penny Meeting ID: 937 5840 5967	9:00 - 9:50am Total Body Conditioning ■ STAFF Virtual coming soon	9:00 - 9:55am Total Body Conditioning ✔ STAFF Meeting ID: 954 7953 7586
10:00 - 10:50am 15/15/15 ✔ Roxie Meeting ID: 984 8028 6919	10:00 - 10:50am Yoga Chair & Mat ✔ Penny Meeting ID: 976 9639 2410	10:00 - 10:50am 15/15/15 ✔ Paloma Meeting ID: 965 8523 3899	10:00 - 10:50am Yoga Chair & Mat ✔ Penny Meeting ID: 976 9639 2410	10:00 - 10:50am SilverSneakers® Classic ■ STAFF Virtual coming soon	<p><i>Be</i> AMAZING <i>Be</i> YOU</p>
11:00 - 11:50am SilverSneakers® Classic ✔ Roxie Meeting ID: 987 6447 7569		11:00 - 11:50am SilverSneakers® Classic ✔ Paloma Meeting ID: 975 2451 4892			
6:00 - 6:55pm Total Body Conditioning ✔ Wendy Meeting ID: 952 1407 5478	6:00 - 6:55pm Gentle Yoga Flow ✔ Amila Meeting ID: 969 0492 4261	6:00 - 6:55pm Stretch ■ Olivia	6:00 - 6:55pm Gentle Yoga Flow ✔ Amila Meeting ID: 969 0492 4261	<p>Follow these simple steps to participate!</p> <ul style="list-style-type: none"> • Check-in with your GCC ID prior to class at the Fitness Center front desk. • Don't forget your towel & water bottle! • Please arrive to class on time, late arrivals will not be permitted. 	

Key Code: ■ Classes are available in-person only on campus.

✔ (In-Person & Virtual) Classes will be offered both in-person and virtually simultaneously

Classes are held in C104

Classes are subject to change

Fitness Center Hours of Operation

Monday-Friday: 5:00am - Noon, 3:00pm - 7:00pm
Saturday: 8:00am - Noon
Sunday: Closed

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

15/15/15: (Level: Intermediate) 15 minutes each of the following formats: starts with cardio, followed by strength conditioning and/or bodyweight exercises, and finishes up with stretching for flexibility.

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

Belly Dance Cardio: (Level: Intermediate) Shimmy, sway and sweat your way to a super-toned core. Work your hips, abs, back and arms in all sorts of new ways, while also challenging your mind, muscle control, balance and flexibility.

Cardio Body Sculpt: (Level: Intermediate) This class will alternate low impact cardiovascular exercise with low-weight and high repetition resistance exercises.

Cardio Mixer: (Level: Intermediate) Cardio, strength conditioning and stretch. This class will get your heart pumping, condition your muscles and provide a relaxing stretch.

Cardio & Strength Intervals: (Level: Intermediate) Upper and lower body strength conditioning exercises alternated with cardio will be performed for either a set number of repetitions or a prescribed amount of time.

Gentle Yoga Flow: (Level: Intermediate) A gentle flow through asanas (poses), for strength, flexibility, alignment and balance. Each class is unique and will leave you feeling energized and empowered.

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.

Stretch: (Level: Beginner/Intermediate/Advanced) Flexibility is an integral part of a well-rounded fitness program. This class will help you increase range of motion in joints, lengthen muscles and reduce stress. All stretches are performed on the floor and will incorporate the entire body. Positions are simple and will be monitored by the instructor for safety and effectiveness. Each class will end with relaxation.

Total Body Conditioning: (Level: Intermediate/Advanced) This class will target all major muscle groups. Cardiovascular and strength conditioning exercises to tone your body and improve flexibility. This is a full body workout! The Monday evening class will utilize the TRX system.

Yoga Chair & Mat: (Level: Beginner/Intermediate) 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 standing poses will be coached, participants may remain seated for the entire class.

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.

1/25/2024