

3 Ways to Register:  
Call: 623.845.3333

Online: [my.maricopa.edu](http://my.maricopa.edu)

In Person: Enrollment Center on Campus

# Fitness & Wellness Activity Classes ~ Fall 2011

Section	Days	Time	Instructor	Start/End	Room/Location
<b>Physical Activities: Wilderness Survival PED101 1 credit</b>					
16069	T	7:00pm-8:00pm	McLean	1st meeting 8/30 Trip dates: 9/09-9/10	P2 field trip
<b>Physical Activities: Explore Arizona PED101 1 credit</b>					
16058	S	6:00am-8:00pm	Kimball	Trip date 9/17 Trip date 10/15	Montezumas Castle Mystery Castle
Contact Susie Kimball at 6238453801 to set up a first class meeting prior to the field trip.					
<b>PED101BB Basketball 1 credit</b>					
15976	MW	12:00pm-12:50pm	Brown	8/29-12/16	GCC Gym 101
<b>PED101BC Boot Camp 1 credit</b>					
16045	MW	8:00am-8:50am	Palmer	8/22-12/16	GCC Gym 101
16040	TR	6:30am-7:25am	Karn	8/30-12/16	North C 104
30545	MW	5:00pm-5:50pm	Kimball	8/29-12/14	FW 50
40068	MW	6:00pm-6:50pm	Karn	8/29-12/16	North C 104
16087	S	9:00am-10:40am	Saltz	8/27-12/10	FW 50
<b>PED101BS Body Sculpting 1 credit</b>					
16096	MW	10:00am-10:50am	Fine	8/29-12/16	FW 50
16098	MW	12:00pm-12:50pm	Karn	8/29-12/16	North C 104
38536	TR	11:00am-11:50am	Shepherd	8/30-12/15	North C 104
16097	TR	12:00pm-12:50pm	Fine	8/30-12/16	FW 50
16099	MW	7:00pm-7:50pm	Sawyer	8/30-12/13	FW 50
15998	TR	5:00pm-5:50pm	Russell	8/30-12/8	FW 50
<b>PED101CP Camping 1 credit</b>					
15982	R	7:00pm-8:00pm	Lewis	1st meeting 9/1 Trip dates: 9/23-9/25	P4 Grand Canyon
16120	R	7:00pm-8:00pm	Konietzka	1st meeting 9/1 Trip dates: 9/23/9/25	P2 Havasupai
40955	R	TBA	Konietzka	9/1-9/25	TBA
<b>PED101DF Self Defense 1 credit</b>					
15996	MW	1:00pm-1:50pm	Staff	8/29-12/16	FW 01
15997	W	6:00pm-7:40pm	Selmon	8/24-12/16	FW 01
<b>PED101GF Group Fitness/Aerobics: Cardio Body Sculpt. 1 credit</b>					
16084	TR	9:00am-9:50am	Fine	8/30-12/16	FW 50
<b>PED101GF Group Fitness/Aerobics: MultiStep 1 credit</b>					
16094	TR	10:00am-10:50am	Gardner/Team	8/30-12/16	FW 50
<b>PED101GO Golf 1 credit</b>					
15983	M	6:00pm-8:05pm	Julsrud	9/12-12/05	Adobe Dam
15984	W	6:00pm-8:05pm	Julsrud	8/31-11/30	Adobe Dam
16125	S	2:00pm-5:00pm	Bakefelt	9/24-11/19	Peoria Pines GC
<b>PED101HK Hiking 1 credit</b>					
16079	T S	7:00pm-8:00pm	Templeton	meeting 9/6 9/24	P 1 Groom Creek Loop
16081	T S	7:00pm-8:00pm	Templeton	meeting 9/13 10/8	P 1 West Fork Trail
16080	R S	7:00pm-8:00pm	Templeton	meeting 9/08 9/24	North C 103 Spruce Mt Summit,Prescott
16082	R S	7:00pm-8:00pm	Templeton	meeting 9/15 10/08	North C 103 West Fork Trail
40428	R S	7:00pm-8:00pm	Gardner	meeting 9/08 10/14-10/16	P2 Grand Canyon

Section	Days	Time	Instructor	Start/End	Room/Location
<b>PED101KB Kickboxing 1 credit</b>					
15985	MW	12:00pm-12:50pm	Kimball	8/29-12/16	FW 01
16124	MW	2:00pm-2:50pm	Staff	8/29-12/16	FW 01
15986	TR	10:00am-10:50am	Shepherd	8/30-12/8	North C 104
16050	TR	5:00pm-5:50pm	Lescure	8/30-12/16	FW 01
40069	TR	5:00pm-5:50pm	Shepherd	8/30-12/16	North C 104
43068	MW	8:00am-8:50am	Staff	8/30-12/16	North C 104
<b>PED101KF Kung Fu 1 credit</b>					
15987	F	7:00am-8:50am	Eager	8/26-12/9	FW 01
15988	F	9:00am-10:50am	Eager	8/26-12/9	GCC Gym 101
<b>PED101PC Physical Conditioning: Small Group 1 credit</b>					
39978	MW	10:00am-10:50am	Templeton	8/29-12/14	FC 104
39935	TR	11:00am-11:50am	Templeton	8/30-12/15	North C 103
<b>PED101PS Pilates 1 credit</b>					
15990	MW	11:00am-11:50am	Gardner	8/29-12/16	FW 50
16062	TR	11:00am-11:50am	Gardner	8/30-12/16	FW 50
15991	TR	1:00pm-1:50pm	Lea	8/30-12/8	FW 01
16112	MW	5:00pm-5:50pm	Lea	8/29-12/16	FW 01
16039	TR	4:00pm-4:50pm	Lea	8/30-12/16	FW 01
40455	TR	7:30pm-8:20pm	Marinez	8/30-12/16	FW 53
<b>PED101RQ Racquetball 1 credit</b>					
15994	T	7:15pm-9:20pm	Donistorpe	8/30-11/22	Racquetball Cts
<b>PED101SM Swimming 1 credit</b>					
16000	TR	2:00pm-3:00pm	Sawyer/Team	8/23-11/22	GCC Pool*
*Class held at the Foothills Recreation & Aquatic Center on Tuesday 9/20 and 9/27.					
<b>PED101SR Stretch And Relaxation 1 credit</b>					
16057	MW	4:00pm-4:50pm	Kimball	8/29-12/16	FW 01
<b>PED101TC Tai Chi 1 credit</b>					
16001	R	6:00pm-7:50pm	Lea	9/1-12/16	FW 50
16002	S	10:00am-11:50am	Selmon	8/27-12/10	FW 53
<b>PED101TE Tennis 1 credit</b>					
16003	R	7:00pm-8:40pm	Andelin	8/25-12/16	Tennis Courts
16004	S	9:00am-10:40am	Andelin	8/20-12/10	Tennis Courts
<b>PED101TF Track And Field 1 credit</b>					
16046	MW F	12:00pm-1:10pm	Neighbors	9/7-10/31	Track
16047	MW F	1:15pm-2:25pm	Neighbors	9/7-10/31	Track
<b>PED101TT Triathlon Training 1 credit</b>					
15999	T	5:00pm-6:40pm	Konietzka	8/23-12/16	P 4
30281	S	8:00am-9:40am	Konietzka	8/20-12/16	P 4
<b>PED101VB Volleyball 1 credit</b>					
16005	T	7:30pm-9:10pm	Cushing	8/23-12/16	GCC Gym 101
<b>PED101WT Weight Training 1 credit</b>					
16053	MW	9:00am-9:50am	Brown	8/22-12/16	AT 106
16007	MW	10:00am-10:50am	Brown	8/22-12/16	AT 106
16119	TR	9:00am-9:50am	Thurston	8/23-12/16	AT 106
16009	TR	10:00am-10:50am	Shepard	8/23-12/16	AT 106

turn over – continued on back



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List of classes continued on back

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<b>PED101WW Weight Training For Women 1 credit</b>					
16074	MW	11:00am-11:50am	Templeton	8/29-12/16	AT 106
16008	TR	10:00am-10:50am	Henry	8/30-12/16	TBA
16090	TR	1:00pm-1:50pm	Templeton	8/30-12/16	North C 104
<b>PED101YG Gentle Yoga 1 credit</b>					
16019	TR	6:00pm-7:40pm	Czukur	8/23-10/13	North C 104
16020	TR	6:00pm-7:40pm	Czukur	10/18-12/5	North C 104
42310	TR	2:00pm-2:50pm	Templeton	8/30-12/16	North C 104
16018	W	7:20pm-9:00pm	Glisic	8/31-12/16	FW 53
<b>PED101YH Hatha Yoga 1 credit</b>					
16021	M	2:30pm-4:10pm	DiPietro	8/22-12/16	North C 104
16102	TR	6:00am-7:00am	Svendsen	9/6-12/16	FW 53
16048	W	2:30pm-4:10pm	DiPietro	8/24-12/16	North C 104
16025	M	4:20pm-6:00pm	DiPietro	8/22-12/16	North C 104
40347	M	6:20pm-8:15pm	Svendsen	8/29-12/12	FW 53
16023	W	4:20pm-6:00pm	DiPietro	8/24-12/16	North C 104
16022	S	8:00am-9:50am	Way	8/27-12/16	FW 53
16024	S	8:00am-9:40am	DiPietro	8/20-12/10	North C 104
16026	S	9:45am-11:25am	DiPietro	8/20-12/10	North C 104
<b>PED101YO Yoga 1 credit</b>					
16072	MW	8:00am-8:50am	Templeton	8/29-12/16	FW 53
16073	MW	12:00pm-12:50pm	Templeton	8/29-12/16	FW 53
16070	TR	8:00am-8:50am	Templeton	8/30-12/16	North C 104
16071	TR	12:00pm-12:50pm	Templeton	8/30-12/16	North C 104
<b>PED101ZU Zumba Fitness 1 credit</b>					
39980	MW	9:00am-9:50am	Templeton	8/29-12/14	FW 50
38537	TR	9:00am-9:50am	Templeton	8/30-12/16	North C 104
16075	MW	4:00pm-4:50pm	Gilliam	8/22-12/7	FW 50
16076	TR	4:00pm-4:50pm	Templeton	8/23-12/8	North C 104
40414	TR	4:00pm-4:50pm	Marinez	8/23-12/7	FW 50
<b>PED102WT Weight Training Intermediate 1 credit</b>					
40656	MW	7:00am-7:50am	Palmer	8/22-12/16	AT 106
16065	MW	12:00pm-12:50pm	Bell	8/22-12/16	AT 106
16010	MW	1:00pm-1:50pm	Bell	8/22-12/16	AT 106
16011	MW	2:00pm-2:50pm	Thurston	8/22-12/16	AT 106
16012*	MW	3:00pm-3:50pm	Palmer	8/22-12/16	AT 106
40403	TR	11:00am-11:50am	Neighbors	8/23-12/16	AT 106
16013	TR	12:00pm-12:50pm	Neighbors	8/23-12/16	AT 106
16014	TR	1:00pm-1:50pm	Bell	8/23-12/16	AT 106
16015	TR	2:00pm-2:50pm	Bell	8/23-12/16	AT 106
16016*	MW	4:00pm-4:50pm	Palmer	8/22-12/16	AT 106
*Classes 16012 and 16016 structured towards the athlete. Instructor's signature is required to enroll. Please call Michael Palmer at 6238453043.					
<b>PED103BC Boot Camp .5 Credit</b>					
16103	F	9:00am-9:50am	Saltz	8/26-12/16	North C 104
40417	F	9:00am-9:50am	Gardner	8/26-12/9	FW 01
<b>PED103BE Belly Dance .5 credit</b>					
16028	M	11:00am-11:50am	Vlahos	8/29-12/16	FW 53
16029	W	11:00am-11:50am	Vlahos	8/31-12/16	FW 53

Section	Days	Time	Instructor	Start/End	Room/Location
<b>PED103BS Body Sculpting .5 credit</b>					
40416	F	10:00am-10:50am	Gardner	8/26-12/9	FW 50
<b>PED103CY Cycling Indoor .5 credit</b>					
40035	MW	6:00am-6:50am	Shepherd	8/29-10/19	FC 104
40036	MW	6:00am-6:50am	Shepherd	10/24-12/14	FC 104
<b>PED103HK Hiking .5 credit</b>					
30544*	F	10:00am-11:40am	Templeton	10/7-12/9	North C 104
*Day hiking in the local trails of Thunderbird Park. First class meeting in the Fitness Center at GCC North.					
<b>PED103KB Kickboxing .5 credit</b>					
40071	M	9:00am-9:50am	Shepherd	8/29-12/16	North C 104
<b>PED103PS Pilates .5 credit</b>					
16086	W	7:00pm-7:50pm	Karn	8/31-12/16	North C 104
<b>PED103WE Water Exercise .5 credit</b>					
41012	TR	8:30am-9:30am	Gardner	9/6-10/20	GCC Pool
<b>PED103YG Beginning Yoga .5 credit</b>					
42307	M	2:00pm-2:50pm	Templeton	8/29-12/16	FW 53
<b>PED103YO Yoga .5 credit</b>					
38694	F	8:00am-8:50am	Templeton	8/26-12/9	North C 104
<b>PED103ZU Zumba Fitness .5 credit</b>					
39979	M	1:00pm-1:50pm	Templeton	8/29-12/12	FW 50
<b>PED201GO Golf Advanced 1 credit</b>					
15989	W	9:15am-12:50pm	Julsrud	10/5-11/23	Adobe Dam

## Social Dance

<b>PED101CD Country Dance 1 credit</b>					
15980 (Guys)	M	6:30pm-8:30pm	Mitch/Team	9/12-12/5	FW 01
15981 (Gals)	M	6:30pm-8:30pm	Mitch/Team	9/12-12/5	FW 01
<b>PED103BD Ballroom Dancing .5 Credit</b>					
16030 (Guys)	S	11:00am-11:50am	Blair Jr.	8/20-12/10	FW 53
16031 (Gals)	S	11:00am-11:50am	Blair Jr.	8/20-12/10	FW 53
<b>PED103LD Latin Dancing .5 credit</b>					
16032 (Guys)	S	12:00pm-12:50pm	Blair Jr.	8/20-12/10	FW 01
16033 (Gals)	S	12:00pm-12:50pm	Blair Jr.	8/20-12/10	FW 01
<b>PED103SA Salsa .5 credit</b>					
16034 (Guys)	S	10:00am-10:55am	Blair Jr.	8/20-12/10	FW 01
16035 (Gals)	S	10:00am-10:55am	Blair Jr.	8/20-12/10	FW 01

For more information:  
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GLENDALE COMMUNITY COLLEGE



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