

GCC Main Campus Group Fitness Schedule

Fall 2022

August 20th – December 16th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 8:50am Yoga-lattes on the Mat ✔ FW-01 Susie Meeting ID: 981 3469 1225	8:00 - 8:45am Indoor Cycling ■ FC Sherry			8:00 - 8:50am Pilates on the Mat ✔ FW-01 Susie Meeting ID: 976 2340 0421	
9:00 - 9:50am Strength & Cardio Circuit ✔ FW-01 Susie Meeting ID: 997 5115 2049	9:00 - 9:50am Circuit Workout ✔ FW-01 Sherry Meeting ID: 979 7319 5758	9:00 - 9:50am Line Dance Mix ■ FW-01 Susie	9:00 - 9:50am Step Mixer (platform optional) ✔ FW-01 Sherry Meeting ID: 953 1681 3682	9:00 - 9:50am Balance Mixer ✔ FW-01 Susie Meeting ID: 986 0036 7178	8:30 - 9:30am Total Body Conditioning ✔ FW-01 Wendy Meeting ID: 929 9287 1369
10:00 - 10:50am Yoga - Chair & Mat ✔ FW-01 Susie Meeting ID: 926 5349 1054	10:00 - 10:50am SilverSneakers Classic® ✔ FW-01 Sherry Meeting ID: 936 7311 0524	10:00 - 10:50am Yoga - Chair & Mat ✔ FW-01 Susie Meeting ID: 926 5349 1054	10:00 - 10:50am Stretching for Flexibility-Mat ✔ FW-01 Sherry Meeting ID: 928 8152 4536	10:00 - 10:50am Yoga - Chair & Mat ✔ FW-01 Susie Meeting ID: 926 5349 1054	Positive Energy Always Creates Elevation
11:00 - 11:50am Tai Chi ■ FW-01 Joseph	11:00 - 11:50am Yoga-lattes on the Mat ✔ FW-01 Susie Meeting ID: 957 1972 7464	11:00 - 11:50am Balance Mixer ✔ FW-01 Susie Meeting ID: 943 7711 9090	11:00 - 11:50am SilverSneakers Classic® ✔ FW-01 Sherry Meeting ID: 937 4722 3271	11:00 - 11:50am Tai Chi ■ FW-01 Joseph	
	12:00 - 12:50pm Live Sound Meditation ■ FW-53 Susie		12:00 - 1:00pm Indoor Cycling & Core ■ FC Sherry	12:00 - 12:30pm Self Defense ■ FW-01 Joseph	
5:00pm - 6:00pm Strength & Cardio Circuit ✔ FW-01 Maliheh Meeting ID: 926 1866 9614	5:00pm - 6:00pm Yoga ■ FW-53 Emily	5:00pm - 6:00pm Circuit Training ✔ FW-01 Paloma Meeting ID: 992 5791 1526	5:00pm - 6:00pm Total Body Conditioning ■ FW-50 Paloma	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 and collect your pass for class. Put the class pass in the designated bin in the class room. Don't forget your towel & water bottle! Please arrive to class on time, late arrivals will not be permitted 	

Key code:

Classes are subject to change

■	Classes are available in-person only on campus.
✔	(In-Person & Virtual) Classes will be offered both in-person and virtually simultaneously. To access the virtual classes click on the class title in the schedule above. Equipment: hand weights, small rubber ball, tubing with handles, yoga blocks/blankets. You may substitute equipment with home items that will provide a safe alternative.

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.

Circuit Training: (Level: Intermediate/Advanced) Circuit training is a form of body conditioning that involves endurance training, resistance training, high-intensity aerobics, and exercises performed in a circuit for a set amount of repetition or a prescribed amount of time.

Circuit Workout: (Level: Beginner/Intermediate) Circuit training is a form of body conditioning that involves endurance training, resistance training, low-intensity aerobics, and exercises performed in a circuit for a set amount of repetition or a prescribed amount of time.

Indoor Cycling & Indoor Cycling & Core: (Level: Intermediate) Indoor cycling focuses on endurance, strength, intervals and recover. The awesome cardiovascular and muscle endurance ride will leave you feeling invigorated and you will burn, burn, burn calories. Some classes may include 15 minutes of core.

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.

Pilates on the 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.

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.

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, percussion, chimes, rattles, and even the human voice. Relax, restore and experience deep meditation!

Step Mixer: (Level: Beginner/Intermediate) This class incorporate the use of a 4" step platform. Easy to follow choreography will be alternated with strength conditioning exercises. Platform use is optional.

Self Defense: (Level: Beginner) Self-defense is a set of awareness, assertiveness, verbal confrontation skills, safety strategies, and physical techniques that enable someone to successfully escape, resist, and survive attacks.

Strength & Cardio Circuit: (9am Class Level: Beginner/Intermediate) (5pm 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: 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, reduce stress, and balance energy. All stretches are performed on the floor and will incorporate the entire body.

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: (Level: Intermediate/Advanced) This class will target all major muscle groups. Strengthen and tone your body, improve flexibility and coordination.

Yoga - Chair & Mat: (Level: Beginner) All level are welcome. 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: (Level: All) Yoga for everybody. Enjoy a variety of yoga styles. The instructor will gauge the class upon the daily vibe.

Yoga-lattes: (Level: Beginner/Intermediate) Combining both Yoga and Pilates. Strengthen and align the body using stretches from Yoga and the core strengthening exercises from the Pilates system.

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

Fitness Center Hours

Monday-Friday: 5:00am - 7:00pm

Saturday: 6:00am -10:00am

Sunday: Closed

Fall Holiday Schedule

September 5th, Labor Day: Closed

November 11th, Veterans Day: Closed

November 24th, Thanksgiving Day: Closed

Website: www.gccaz.edu/fc

Instagram: gccfitnesswellness

Facebook: www.facebook.com/gccfitnesswellness