

# GCC Main Campus Group Fitness Schedule

## Spring 2023

January 14<sup>th</sup> – May 12<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 8:50am Tai Chi ■ FW-01 Joseph		8:00 - 8:50am <u>Balance &amp; Strength Mixer</u> ✔ FW-01 Susie Meeting ID: 973 4631 7617		8:00 - 8:50am <u>Pilates - Mat</u> ✔ FW-01 Susie Meeting ID: 964 9373 3056	
9:00 - 9:50am <u>Strength &amp; Cardio Intervals</u> ✔ FW-01 Susie Meeting ID: 912 5352 2924	9:00 - 9:50am <u>Step &amp; Strength Conditioning</u> ✔ FW-01 Sherry Meeting ID: 999 0153 4426	9:00 - 9:50am Line Dance Mix ■ FW-01 Susie	9:00 - 9:50am <u>ZumbaGold®</u> ✔ FW-01 Sam Meeting ID: 972 9550 8498	9:00 - 9:50am <u>Balance &amp; Strength Mixer</u> ✔ FW-01 Susie Meeting ID: 960 3554 1121	8:30 - 9:30am <u>Total Body Conditioning</u> ✔ FW-01 Wendy Meeting ID: 958 9260 5937
10:00 - 10:50am <u>Yoga - Chair &amp; Mat</u> ✔ FW-01 Susie Meeting ID: 934 1135 5945	10:00 - 10:50am <u>Low Impact Cardio</u> ✔ FW-01 Sherry Meeting ID: 992 7209 8731	10:00 - 10:50am <u>Yoga - Chair &amp; Mat</u> ✔ FW-01 Susie Meeting ID: 934 1135 5945	10:00 - 10:50am <u>Circuit Workout</u> ✔ FW-01 Sherry Meeting ID: 986 3886 2480	10:00 - 10:50am <u>Yoga - Chair &amp; Mat</u> ✔ FW-01 Susie Meeting ID: 934 1135 5945	<i>Kindness is a gift that everyone can afford to give.</i>
11:00 - 11:50am Live Sound Meditation ■ FW-53 Susie	11:00 - 11:50am <u>SilverSneakers Classic®</u> ✔ FW-01 Sherry Meeting ID: 922 6937 7393	11:00 - 11:50am Tai Chi ■ FW-01 Joseph	11:00 - 11:50am <u>SilverSneakers Classic®</u> ✔ FW-01 Sherry Meeting ID: 922 6937 7393	11:00 - 11:30am <u>Guided Meditation</u> ✔ FW-01 Susie Meeting ID: 955 1931 3535	
	12:00 - 12:50pm <u>Yoga for Flexibility - Mat</u> ✔ FW-01 Susie Meeting ID: 938 7257 8124		12:00 - 12:50pm Indoor Cycling ■ FC Sherry		
5:30 - 6:30pm <u>Strength &amp; Cardio Intervals</u> ✔ FW-01 Maiheh Meeting ID: 915 4744 3628	5:00 - 6:00pm Yoga Nidra (Guided Meditation) ■ FW-53 Emily	5:30 - 6:30pm <u>Circuit Training</u> ✔ FW-01 Paloma Meeting ID: 968 9545 4986	4:00 - 5:00pm <u>Core &amp; Flexibility</u> ✔ FW-01 Paloma Meeting ID: 985 3763 9210	<b>Follow these simple steps to participate!</b> <ul style="list-style-type: none"> <li>Check-in with your GCC ID prior to class at the Fitness Center front desk and collect your pass for class.</li> <li>Put the class pass in the designated bin in the class room.</li> <li>Don't forget your towel &amp; water bottle!</li> <li>Please arrive to class on time, late arrivals will not be permitted.</li> </ul>	

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

**Fitness Center Hours**  
Monday-Friday: 5:00am - 7:00pm  
Saturday: 6:00am - 10:00am  
Sunday: Closed

**Spring Holiday Schedule**  
Monday, January 16<sup>th</sup>, Martin Luther King, Jr. Day - Closed  
Monday, February 20<sup>th</sup>, Presidents' Day - Closed

**Website:** [www.gccaz.edu/fc](http://www.gccaz.edu/fc)  
**Instagram:** gccfitnesswellness  
**Facebook:** [www.facebook.com/gccfitnesswellness](http://www.facebook.com/gccfitnesswellness)

**Balance & Strength 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.

**Core & Flexibility: (Level: Intermediate)** This class focuses on abdominal strengthening exercises and stretches for flexibility.

**Circuit Workout: (Level: Intermediate) Circuit Training: (Level: Intermediate/Advanced)** Circuit workout/training is a form of full body conditioning that involves exercises performed in a circuit for a set amount of repetition or a prescribed amount of time.

**Guided Meditation: (Level: All)** Aligning your mind, body and spirit by going deep into relaxation.

**Indoor Cycling: (Level: Intermediate)** Indoor cycling focuses on endurance, strength, intervals and recovery. You will burn, burn, burn calories.

**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.

**Low Impact Cardio: (Level: Intermediate)** An easy to follow, low impact cardiovascular aerobics workout. This class will get your heart pumping and burn calories!

**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!

**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!

**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 & Strength Conditioning: (Level: Beginner/Intermediate)** This class incorporates the use of a 4” step platform (platform use is optional). Easy to follow choreography will be alternated with strength conditioning exercises.

**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.

**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 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 for Flexibility-Mat: (Level: All)** Activities that lengthen and stretch muscles can help you prevent injuries, back pain, and balance problems. A well-stretched muscle more easily achieves its full range of motion.

**Yoga Nidra: (Level: All) Guided Meditation:** Relax, let go and restore. In this guided meditation you leave the waking state, go *past* the dreaming state, and go to deep sleep, yet remain awake.

**ZumbaGold® (Level: Beginner/Intermediate)** Easy to follow low-intensity dance class to a variety of motivating music.

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