

GCC North Group Fitness Schedule

Fall 2022

August 20th – December 16th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - 9:50am Strength & Cardio Circuit V+ Veronica <i>Meeting ID: 961 8138 2714</i>	9:00 - 9:50am Cardio Mixer V+ Penny <i>Meeting ID: 972 9947 2910</i>	9:00 - 9:50am Dance Fitness V+ Veronica <i>Meeting ID: 942 8093 9238</i>	9:00 - 9:50am Balance Mixer V+ Penny <i>Meeting ID: 932 0180 1863</i>	9:00 - 9:50am Strength & Cardio Circuit V+ Dorothy <i>Meeting ID: 973 3419 9170</i>	9:00 – 9:55am Total Body Conditioning V+ Nancy <i>Meeting ID: 928 1098 4150</i>
10:00 - 10:50am Low Impact Cardio V+ Veronica <i>Meeting ID: 984 5483 6547</i>	10:00 - 10:50am Yoga Chair & Mat V+ Penny <i>Meeting ID: 913 7524 2471</i>	10:00 - 10:50am Yoga Chair & Mat V+ Veronica <i>Meeting ID: 984 5483 6547</i>	10:00 - 10:50am Yoga Chair & Mat V+ Penny <i>Meeting ID: 913 7524 2471</i>	10:00 - 10:50am Yoga Chair & Mat V+ Dorothy <i>Meeting ID: 953 5409 3091</i>	<i>Share a smile with someone today!</i>
11:00 - 11:50am SilverSneakers® Classic V+ Veronica <i>Meeting ID: 990 0658 2940</i>	11:00 - 11:50am Live Sound Meditation ■ Penny	11:00 - 11:50am SilverSneakers® Classic V+ Veronica <i>Meeting ID: 990 0658 2940</i>	11:00 - 11:50am Chair Fitness V+ Penny <i>Meeting ID: 955 9974 7834</i>		
6:00 - 6:55pm Total Body Conditioning V+ Wendy <i>Meeting ID: 964 5522 8695</i>	6:00 - 6:55pm Yoga Flow V+ Amila <i>Meeting ID: 976 8469 7772</i>	6:00 - 6:55pm Stretch ■ Olivia	6:00 - 6:55pm Gentle Yoga V+ Amila <i>Meeting ID: 927 3862 2113</i>	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. Don't forget your towel & water bottle! Please arrive to class on time, late arrivals will not be permitted. 	

Classes are held in C104

Class schedule is subject to change

Key code:

■	Classes are available in-person only on campus.
V+	(In-Person & Virtual) Classes will be offered both in-person and virtually simultaneously. To access virtual classes, click on the class title or enter the meeting ID listed 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.

Fitness Center Hours

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

Fall Holiday Schedule

September 5th, Labor Day: Closed
 November 11th, Veterans Day: Closed
 November 24th, Thanksgiving Day: Closed

Fall 2022

GCC North *Group Fitness Class Descriptions*

Balance Mixer: (Level: Beginner/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.

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

Chair Fitness: (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.

Dance Fitness: (Level: Intermediate) Cardio, cardio and more cardio. Rev up your heart rate with this fat burning, energizing workout to fun songs.

Gentle Yoga: (Level: All) This is a slower paced yoga class that combines gentle yoga postures, breathing and relaxation. No experience is required. Chairs are available to those that would like to use them.

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. Sound instruments and voice guiding will provide deep relaxation.

Low Impact Cardio: (Level: Intermediate) This class will get your heart rate going with easy to follow aerobic choreography. Low impact offers movements easier on the joints.

Strength & Cardio Circuit: (Level: Beginner/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.

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, reduce stress, and balance energy. 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. Strengthen and tone your body, improve flexibility and coordination.

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 standing poses will be coached, participants may remain seated for the entire class.

Yoga Flow: (Level: Intermediate) Flow through creative sequences, for strength, flexibility, alignment and balance. Each class is unique and will leave you feeling energized and empowered.

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