

GCC North Group Fitness Schedule

SPRING 2023

January 14th – May 12th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00 - 8:50am Balance Mixer ✔ Penny Meeting ID: 998 4350 0797		8:00 - 8:50am Cardio Mixer ✔ Penny Meeting ID: 998 4350 0797		
9:00 - 9:50am Cardio & Strength Intervals ✔ Stephanie Meeting ID: 924 6830 9573	9:00 - 9:50am Cardio Mixer ✔ Penny Meeting ID: 973 9535 9345	9:00 - 9:50am Dance Fitness ✔ Veronica Meeting ID: 961 2851 1561	9:00 - 9:50am Balance Mixer ✔ Penny Meeting ID: 973 9535 9345	9:00 - 9:50am Cardio & Strength Intervals ✔ Veronica Meeting ID: 923 5547 2971	9:00 - 9:55am Total Body Conditioning ✔ Nancy Meeting ID: 910 9624 3619
10:00 - 10:50am Step ✔ Stephanie Meeting ID: 964 2019 5025	10:00 - 10:50am Yoga Chair & Mat ✔ Penny Meeting ID: 990 8081 7738	10:00 - 10:50am 15/15/15 ✔ Veronica Meeting ID: 948 0546 4290	10:00 - 10:50am Yoga Chair & Mat ✔ Penny Meeting ID: 990 8081 7738	10:00 - 10:50am Cardio Body Sculpt ✔ Veronica Meeting ID: 954 8150 7074	<i>One Kind word can change somebody's entire day!</i>
11:00 - 11:50am SilverSneakers® Classic ✔ Stephanie Meeting ID: 957 6336 1845		11:00 - 11:50am SilverSneakers® Classic ✔ Veronica Meeting ID: 920 2921 2323	11:00 - 11:50am Live Sound Meditation ■ Penny	11:00 - 11:50am SilverSneakers® Classic ✔ Veronica Meeting ID: 920 2921 2323	
6:00-6:55pm Total Body Conditioning ✔ Wendy Meeting ID: 919 6468 6495	6:00-6:55pm Yoga Flow ✔ Amila Meeting ID: 960 8089 3917	6:00-6:55pm Stretch ■ Oliva	6:00-6:55pm Gentle Yoga ✔ Amila Meeting ID: 960 8089 3917	<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

Monday-Friday: 5:00am - Noon, 3:00pm - 7:00pm

Saturday: 8:00am - Noon

Sunday: Closed

Spring Holiday Schedule

Monday, January 16th, Martin Luther King, Jr. Day - Closed

Monday, February 20th, Presidents' Day - Closed

Spring 2023

GCC North *Group Fitness Class Descriptions*

15/15/15: (Level: Intermediate) 15 minutes each of the following formats: starts with cardio step (platform optional), followed by strength conditioning and/or bodyweight exercises, and finishing 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.

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.

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.

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.

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.

Step: (Level: Beginner/Intermediate) This class incorporates the use of a 4” step platform (platform use is optional). Easy to follow choreography will get your heart pumping. Some class may be alternated with strength conditioning exercises.

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!

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 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.

1/13/2023