


# GCC North Group Fitness Schedule

May 10 - August 22

Summer 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 8:50am Workout Combo ✔ Julie	8:00 - 8:50am Cardio Mixer ✔ Penny		8:00 - 8:50am Balance Mixer ✔ Penny		
9:00 - 9:50am Cardio & Strength Intervals ✔ Julie	9:00 - 9:50am Balance Mixer ✔ Penny	9:00 - 9:50am Cardio Body Sculpt ✔ Paloma	9:00 - 9:50am Cardio Mixer ✔ Penny	9:00 - 9:50am Total Body Conditioning ✔ Wendy	9:00 - 9:55am Total Body Conditioning ✔ Nancy
10:00 - 10:50am SilverSneakers® Classic ✔ Julie	10:00 - 10:50am Yoga Chair & Mat ✔ Penny	10:00 - 10:50am Workout Combo ✔ Paloma	10:00 - 10:50am Yoga Chair & Mat ✔ Penny	10:00 - 10:50am SilverSneakers® Classic ✔ Wendy	  <b>Share a Smile TODAY!</b>
		11:00 - 11:50am SilverSneakers® Classic ✔ Paloma	11:00 - 11:50am Live Sound Meditation ■ Penny Dates: 5/15, 6/12, 7/31		
6:00 - 6:55pm Total Body Conditioning ✔ Wendy	6:00 - 6:55pm Strength & Stretch ✔ Wendy	6:00 - 6:55pm Stretch ■ Olivia	6:00 - 6:55pm Strength & Stretch ✔ Jenn	<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.</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 are offered both in-person and virtually simultaneously.  
Contact [susie.kimball@gccaz.edu](mailto:susie.kimball@gccaz.edu) or [lester.trubl.ii@gccaz.edu](mailto:lester.trubl.ii@gccaz.edu) for a group fitness schedule with virtual links.

Classes are held in C104.

Classes are subject to change.

**Fitness Center Hours of Operation**

Monday-Friday: 5am-Noon, 3-7pm  
Saturday: 8am-Noon  
Sunday: Closed  
Front Desk #: 623-888-7030

**Summer Holiday Closures**

May 26 - Memorial Day  
June 19 - Juneteenth  
July 3-5 - Independence Day Weekend

**Stay Connected With Us!**

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

Class descriptions on reverse side.

# Summer 2025

## ***GCC North Group Fitness Class Descriptions***

**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.

**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.

**Strength & Stretch: (Level: Beginner/Intermediate)** Strengthen your muscles and increase your flexibility. First half of the class will be strength conditioning exercises followed by stretching

**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.

**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!

**Workout Combo: (Level: Beginner/Intermediate)** This class will offer the following: cardio, strength, balance and flexibility, instructors' choice. Each class will offer a fun variety of exercises that will stimulate different muscle groups and keep exercises mentally refreshing and provide overall body strength, flexibility and range of movement.

**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.

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

4/21/2025