

## FITNESS CENTER POLICIES

1. All students must be enrolled in a Fitness Center course and have a valid GCC student ID card to gain access to both Main and North Fitness Centers and any group fitness classes.
2. Newly registered Fitness Center students must complete an assumption of risk (AOR) form prior to exercising. When re-registering for the Fitness Center, all students must complete a new AOR.
3. All Fitness Center instructors have the professional responsibility and right to restrict student participation in the Fitness Center, if in the professional opinion of the instructor, the student's physical ability is unsafe to themselves or others.
4. GCC Fitness Center has certified & degreed personal trainers, who offer training at an affordable rate. Only approved personal trainers are allowed to train members on site.
5. Cell phones should not be used while on the Fitness Center floor. If you need to take a call or text, please step into the lobby or outside.
6. For cleanliness and safety reasons, food and glass containers are not permitted in the Fitness Center. Water and sports drinks in spill-proof bottles are allowed.
7. Cleaning stations are located throughout the Fitness Center. Please wipe your equipment down as you go.
8. Smoking, smokeless tobacco products, and drugs prohibited by law are not permitted on any MCCCDCampus.
9. Please refrain from wearing strong scented perfume or cologne while working out. Some people have severe allergies, which strong scents can aggravate.
10. The minimum age for Fitness Center enrollment is 13. A currently enrolled adult must accompany students between the ages of 13 and 16. For safety reasons, children under 13 are not permitted to wait in the lobby or Fitness Center while their parent/guardian exercises.
11. Please do not verbally confront students or staff. If you have any concerns regarding other students or staff, please address them to the Fitness Center Manager in person or by using the suggestion box provided. Disruptive students, according to the Student Conduct Code in the Student Handbook, may be asked to leave the Fitness Center.
12. Appropriate fitness attire is required; midsection must be covered (e.g., no crop tops). Closed-toe, athletic footwear is required. Ensure footwear is clean and in good condition.
13. Personal items should be stored in the lockers and cubbyholes provided; bags are not allowed on the Fitness Center floor. The Fitness Center is not responsible for lost/stolen items.
14. Arrive on time for group fitness classes. To avoid disruptions, late arrivals are not allowed.
15. Please allow others to work in on weight equipment and restrict time to 30 minutes on cardiovascular equipment when the Fitness Center is busy.
16. Sexual harassment and discrimination in any college education program or activity are prohibited. Please report any discrimination and/or harassment to the GCC Office of Student Life at 623.845.3525.

## STAY ACTIVE. STAY CONNECTED.

Visit our website for group fitness schedules, hours of operation, and more: [www.gccaz.edu/fc](http://www.gccaz.edu/fc)

Like us on Facebook: [www.facebook.com/gccazfitnesscenter](https://www.facebook.com/gccazfitnesscenter)

Follow us on Instagram: [www.instagram.com/gccazfitnesscenter](https://www.instagram.com/gccazfitnesscenter)

Exercise with us on our YouTube channel: search "GCC Fitness Centers" on YouTube

## CONTACT US

### GCC Main Fitness Center

6000 W. Olive Ave.  
Glendale, AZ 85302  
623.845.3800

### GCC North Fitness Center

5727 W. Happy Valley Rd.  
Phoenix, AZ 85310  
623.888.7030

### GCC Adapted Fitness Center

6000 W. Olive Ave.  
Glendale, AZ 85302  
623.845.3242

Fitness Centers are closed on major federal holidays.



MARICOPA  
COMMUNITY COLLEGES

CHANDLER-GILBERT | ESTRELLA MOUNTAIN | GATEWAY | GLENDALE | MESA  
PARADISE VALLEY | PHOENIX | RIO SALADO | SCOTTSDALE | SOUTH MOUNTAIN

MCCCDC does not discriminate on the basis of race, color, national origin, sex, disability, religion, or age.  
For additional information visit <http://www.maricopa.edu/nondiscrimination>.

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OPEN TO THE PUBLIC!



# GLENDALE COMMUNITY COLLEGE

# FITNESS CENTERS

GCC Main, GCC North, Adapted





## ADAPTED FITNESS CENTER

The Adapted Fitness Center is located on the GCC Main Campus and is an accessible and user-friendly fitness facility specifically designed for adults with physical limitations and special needs.

Our qualified instructors will design an individual fitness program to suit your needs.

## OUR STORY

Welcome to the GCC Fitness Centers - one of the best kept secrets in the west valley! GCC Main Fitness Center has been proudly serving students, employees and community members since 1986. Since then, we have expanded to include the Adapted Fitness Center, Sports Performance Lab and GCC North Fitness Center. Our facilities are open to the public with no contracts or hidden fees. Our fitness centers are for every BODY!

## STAFF AND FACILITIES

We hire only the most qualified fitness professionals who are ready and willing to share their knowledge and skills with you. All of our instructors are degreed and certified, with many having their master's degree. You'll find the most current fitness equipment and tools to help you achieve your goals, including free weights, treadmills, elliptical machines, strength training machines, mats, and a variety of functional exercise equipment, as well as brands like Cybex, Star Trac, Octane, StairMaster and NuStep.

## SPORTS PERFORMANCE LAB

Whether you're a recreational or competitive endurance athlete looking to reach the next level in performance, or a fitness enthusiast looking to optimize your health and fitness goals, the GCC Sports Performance lab can help you!

### Core Services Include:

VO2max testing, body fat analysis, blood lactate testing, power tests, program design and more.

For more information, test pricing, or to make an appointment, call 623.845.3713 or email [sports.lab@gccaz.edu](mailto:sports.lab@gccaz.edu).

## MEMBER BENEFITS

- Access to GCC Main, GCC North and Adapted Fitness Centers
- A variety of free group fitness classes including yoga, cycle, lap swim and more
- Access to qualified fitness instructors to answer your fitness-related questions or help you set-up a workout
- Discounted memberships for veterans, families, and GCC alumni, to name a few
- One-on-one personal training offered at an affordable rate—individual sessions and packages available
- Free Fitness Center t-shirt for completing 100+ hours in a semester
- Credit classes available



## SENIOR FITNESS

A free senior fitness membership offered through SilverSneakers®, Silver&Fit® or Renew Active™ may be available through your Medicare health plan supplement. For more information or to find out if your Medicare health plan provides a free fitness membership, contact the fitness center of your choice: GCC Main Fitness Center at 623.845.3801 or GCC North Fitness Center at 623.888.7031.

GCC Fitness Centers also offer a discounted membership for seniors ages 60+ who are not eligible for a free fitness program. No contracts or hidden fees.

Our Senior Fitness Program includes a variety of fitness classes designed for all fitness levels, from beginner to experienced exercisers. Senior Fitness classes are offered at both GCC Main and GCC North Fitness Centers.

## EXERCISE IS MEDICINE®

GCC is recognized as a gold-level Exercise is Medicine® On Campus (EIM-OC) educational institution by the American College of Sports Medicine.

The EIM-OC program highlights steps individuals are taking, large and small, in leading their campuses and communities to become healthier through increased levels of physical activity and incorporating physical activity into health care; generating recognition that movement matters for long-term health and wellness.

