


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am - 9:00am Lap Swim – GCC Pool		7:00am - 9:00am Lap Swim – GCC Pool		7:00am - 9:00am Lap Swim – GCC Pool	
	8:00 - 8:50am <u>Yoga-lattes-Mat</u> ✔ FW-01 Susie Meeting ID: 946 3177 1825		8:00 - 8:50am <u>Flexibility & Foam Rolling-Mat</u> ✔ FW-01 Susie Meeting ID: 946 3177 1825	8:00 - 8:50am <u>Pilates-Mat</u> ✔ FW-01 Susie Meeting ID: 946 3177 1825	9:00 – 10:00am <u>Total Body Conditioning</u> ✔ FW-01 STAFF Meeting ID: 910 1175 8282
9:00 - 9:50am <u>Strength & Cardio Intervals</u> ✔ FW-01 Susie Meeting ID: 980 5338 0302	9:00 - 9:50am <u>Cardio-Low Impact</u> ✔ FW-01 Sherry Meeting ID: 930 3717 7962	9:00 - 9:50am <u>Strength & Balance Mixer</u> ✔ FW-01 Susie Meeting ID: 980 5338 0302	9:00 - 9:50am <u>Total Body Conditioning</u> ✔ FW-01 Sherry Meeting ID: 930 3717 7962	9:00 - 9:50am <u>Step Interval</u> ✔ FW-01 Susie Meeting ID: 980 5338 0302	<p align="center">BE <i>the</i> Reason SOMEBODY <i>smiles today</i></p> 
10:00 - 10:50am <u>Yoga-Chair & Mat</u> ✔ FW-01 Susie Meeting ID: 996 7995 9444	10:00 - 10:50am <u>SilverSneakers Classic®</u> ✔ FW-01 Sherry Meeting ID: 983 3467 2975	10:00 - 10:50am <u>Yoga-Chair & Mat</u> ✔ FW-01 Susie Meeting ID: 996 7995 9444	10:00 - 10:50am <u>SilverSneakers Classic®</u> ✔ FW-01 Sherry Meeting ID: 983 3467 2975	10:00 - 10:50am <u>Yoga-Chair & Mat</u> ✔ FW-01 Susie Meeting ID: 996 7995 9444	
11:00 - 11:50am Live Sound Meditation ■ FW-53 Susie 5/13, 6/10, 7/29, 8/12		11:00 - 11:50am <u>Line Dance Mix</u> ✔ FW-01 Susie Meeting ID: 992 4919 1073			
12:00 - 12:50pm Tai Chi ■ FW-01 Joseph		12:00 - 12:50pm Tai Chi ■ FW-01 Joseph			
5:30 - 6:30pm <u>Strength & Cardio Intervals</u> ✔ FW-01 STAFF Meeting ID: 981 7565 2108	5:30 - 6:30pm <u>Gentle Yoga</u> ✔ FW-53 Gloria Meeting ID: 952 1242 2737 6:30 - 7:00pm FW-53 ■ Live Sound Meditation	5:30 - 6:30pm <u>Yoga Sculpt</u> ✔ FW-01 Liana Meeting ID: 963 5541 6002	5:30 - 6:30pm <u>Gentle Yoga</u> ✔ FW-01 Gloria Meeting ID: 952 1242 2737	Stay Connected With Us! Website: www.gccaz.edu/fc Instagram: gccfitnesswellness Facebook: www.facebook.com/gccfitnesswellness	

Key Code: ■ Classes are available in-person only. ✔ (In-Person & Virtual) Classes will be offered both in-person and virtually simultaneously. Classes are subject to change. Class descriptions on reverse side.

<p align="center">Fitness Center Hours of Operation</p> <p>Monday – Friday: 5:00am - 12:00pm & 4:00pm - 7:00pm Saturday: 7:00am - 11:00am Sunday: Closed</p>	<p align="center">Summer Holiday Schedule</p> <p>Monday, May 27th, Memorial Day - Closed Wednesday, June 19th, Juneteenth - Closed Thursday, July 4th, Independence Day - Closed</p>	<p align="center">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 & collect a class pass for each class you plan to attend. Take the class pass directly to the class room. • Please arrive to class on time, late arrivals will not be permitted. • Open Lap Swim: check in at the pool with your GCC ID.
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Cardio Low Impact: (Level: Intermediate) Get your heart rate pumping with this easy to follow choreographed low impact workout. Easy on the joints while increasing the heartrate to burn, burn, burn those calories.

Flexibility & Foam Rolling-Mat: (Level: Beginner/Intermediate) Stretching techniques will be performed in order to increase flexibility and range of movement. Foam rolling is a self-massage technique targeting the connective tissue around the muscles in order to release a build-up of tightness. For those attending virtually please have a foam roller available.

Gentle Yoga: (Level: All) This is a slower paced yoga class that combines gentle yoga postures.

Lap Swim: (Level: All) Open lap swim. Check in directly at the GCC pool. Visit our website for more information: <https://www.gccaz.edu/community/fitness-centers/aquatics>.

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.

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!

Pilates - Mat: (Level: Beginner/Intermediate) The Pilates system teaches exercises with the emphasis on proper postural alignment, core strength, muscular balance and flexibility.

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 Interval: (Level: Beginner/Intermediate) This class incorporates the use of a 4” step platform (platform use is optional). Cardiovascular exercise with easy to follow choreography alternated with strength conditioning exercises.

Strength & Balance 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.

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-lattes-Mat: This class offers a gentle approach to the muscle-sculpting core benefits of Pilates with flexibility benefits of yoga.

Yoga Sculpt: (Level: Intermediate) Yoga Sculpt is a unique combination of yoga and strength training designed to create a full-body workout. Combining traditional yoga poses and principles with strength training and hand weights, this workout will leave you feeling stronger, refreshed and uplifted.

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

5/6/2024