

GCC North Group Fitness Schedule

Fall 2023

August 19th – December 15th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00 - 8:50am Cardio Mixer ✔ Paloma Meeting ID: 985 3218 5617		8:00 - 8:50am Balance Mixer ✔ Paloma Meeting ID: 943 1121 3570		
9:00 - 9:50am Cardio & Strength Intervals ✔ Paloma Meeting ID: 930 3133 3899	9:00 - 9:50am Balance Mixer ✔ Paloma Meeting ID: 988 4635 3399	9:00 - 9:50am Cardio Body Sculpt ✔ Paloma Meeting ID: 988 0242 0334	9:00 - 9:50am Cardio Mixer ✔ Olivia Meeting ID: 980 6186 2679	9:00 - 9:50am Cardio & Strength Intervals ✔ Veronica Meeting ID: 979 5973 5189	9:00 - 9:55am Total Body Conditioning Nancy 8/19-10/7 Penny 10/14-12/15 ✔ Meeting ID: 965 3425 8238
10:00 - 10:50am 15/15/15 ✔ Paloma Meeting ID: 928 9885 8495	10:00 - 10:50am Yoga Chair & Mat ✔ Paloma Meeting ID: 951 6938 5215	10:00 - 10:50am 15/15/15 ✔ Paloma Meeting ID: 928 9885 8495	10:00 - 10:50am Yoga Chair & Mat ✔ Olivia Meeting ID: 950 7582 2366	10:00 - 10:50am Dance Fitness ✔ Veronica Meeting ID: 964 6644 4436	<h1>You Got THIS!</h1>
11:00 - 11:50am SilverSneakers® Classic ✔ Paloma Meeting ID: 996 8840 9137		11:00 - 11:50am SilverSneakers® Classic ✔ Paloma Meeting ID: 996 8840 9137	11:00-11:50am Relax & Restore ■ Olivia	11:00 - 11:50am SilverSneakers® Classic ✔ Veronica Meeting ID: 964 8392 3458	
6:00 - 6:55pm Total Body Conditioning ✔ Wendy Meeting ID: 912 7690 2459	6:00 - 6:55pm Gentle Yoga Flow ■ Amila	6:00 - 6:55pm Stretch ■ Olivia	6:00 - 6:55pm Gentle Yoga ■ Amila	<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

Fall Holiday Schedule

September 4th. Labor Day
November 10th. Veterans Day
November 23rd. Thanksgiving Day

Website: www.gccaz.edu/fc

Instagram: gccfitnesswellness

Facebook: www.facebook.com/gccfitnesswellness

Class description on reverse side

Fall 2023

GCC North Group Fitness Class Descriptions

15/15/15: (Level: Intermediate) 15 minutes each of the following formats: starts with cardio 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 Flow: (Level: Intermediate) A gentle flow through asanas (poses), for strength, flexibility, alignment and balance. Each class is unique and will leave you feeling energized and empowered.

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.

Relax & Restore: (Level: All) A variety of meditation practices that focus on mind and body integration and are used to calm the mind and enhance overall well-being.

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.

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! The Monday evening class will utilize the TRX system.

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.

8/10/2023