

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:00 - 8:50am Pilates-Mat ✔️ FW-01 Susie <i>Meeting ID: 919 6053 1874</i></p>		<p>8:00 - 8:50am Yoga-lattes-Mat ✔️ FW-01 Sherry <i>Meeting ID: 956 7760 3359</i></p>		<p>8:00 - 8:50am Pilates-Mat ✔️ FW-01 Susie <i>Meeting ID: 919 6053 1874</i></p>	<p>90 Minute Class 8:30 - 10:00am Total Body Conditioning & 30 Minute Stretch</p>
<p>9:00 - 9:50am Strength & Cardio Intervals ✔️ FW-01 Susie <i>Meeting ID: 944 7666 8402</i></p>	<p>9:00 - 9:50am Line Dance Mix ✔️ FW-01 Susie <i>Meeting ID: 974 1007 2467</i></p>	<p>9:00 - 9:50am Strength & Balance Mixer ✔️ FW-01 Susie <i>Meeting ID: 976 4381 6071</i></p>	<p>9:00 - 9:50am Total Body Conditioning ✔️ FW-01 Sherry <i>Meeting ID: 987 7895 2904</i></p>	<p>9:00 - 9:50am Step Interval ✔️ FW-01 Susie <i>Meeting ID: 986 8581 7109</i></p>	<p>✔️ FW-01 Wendy <i>Meeting ID: 978 2124 6275</i></p>
<p>10:00 - 10:50am Yoga - Chair & Mat ✔️ FW-01 Susie <i>Meeting ID: 934 9230 8996</i></p>	<p>10:00 - 10:50am Circuit Workout ✔️ FW-01 Sherry <i>Meeting ID: 986 8640 7809</i></p>	<p>10:00 - 10:50am Yoga - Chair & Mat ✔️ FW-01 Susie <i>Meeting ID: 934 9230 8996</i></p>	<p>10:00 - 10:50am Stretching for Flexibility ✔️ FW-01 Sherry <i>Meeting ID: 940 6462 1093</i></p>	<p>10:00 - 10:50am Yoga - Chair & Mat ✔️ FW-01 Susie <i>Meeting ID: 934 9230 8996</i></p>	<p>YOU Can DO This!</p>
<p>11:00 - 11:50am Stretching for Flexibility ✔️ FW-01 Sherry <i>Meeting ID: 933 9242 2024</i></p>	<p>11:00 - 11:50am SilverSneakers Classic® ✔️ FW-01 Sherry <i>Meeting ID: 981 0719 0999</i></p>	<p>11:00 - 11:45am Live Sound Meditation ■ FW-53 Susie</p>	<p>11:00 - 11:50am SilverSneakers Classic® ✔️ FW-01 Sherry <i>Meeting ID: 981 0719 0999</i></p>		
<p>12:00-2:00pm Lap Swim</p>	<p>12:00-12:50pm Tai Chi ■ FW-01 Joseph</p>	<p>12:00-2:00pm Lap Swim</p>	<p>12:00-12:50pm Tai Chi ■ FW-01 Joseph</p>	<p>12:00-2:00pm Lap Swim</p>	
<p>5:30 - 6:30pm Strength & Cardio Intervals ✔️ FW-01 Malihah <i>Meeting ID: 962 2844 7706</i></p>	<p>90 Minute Class 5:30 - 7:00pm Gentle Yoga ✔️ FW-01 Emily <i>Meeting ID: 966 1243 5284</i> <i>Includes a 30 minutes of Guided Meditation</i></p>	<p>5:30 - 6:30pm Circuit Training ✔️ FW-01 April <i>Meeting ID: 948 7340 2105</i></p>	<p>5:30 - 6:30pm Yoga ✔️ FW-01 Liana <i>Meeting ID: 937 0726 8857</i></p>	<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 & 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. 	

Key Code: ■ Classes are available in-person only. ✔️ (In-Person & Virtual) Classes will be offered both in-person and virtually simultaneously.

Class descriptions on reverse side

Fitness Center Hours of Operation

Visit our website www.gccaz.edu/fc or pick up a hours of operation card at the fitness center front desk.
Front Desk Phone: 623-845-3800

Fall Holiday Schedule

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

Stay Connected With Us!

Website: www.gccaz.edu/fc
Instagram: gccfitnesswellness
Facebook: www.facebook.com/gccfitnesswellness

Circuit Workout/Training: (Level: Intermediate) Circuit Training: (Level: Intermediate/Advanced) Circuit workout/training is a form of full body conditioning that involves exercises performed in a circuit for a set amount of repetition or a prescribed amount of time.

Gentle Yoga & Guided Meditation: (Level: All) This is a slower paced yoga class that combines gentle yoga postures, breathing and relaxation. **Guided Meditation:** Aligning your mind, body and spirit by going deep into relaxation.

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!

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

Pilates - Mat: (Level: Beginner/Intermediate) The Pilates system teaches exercises with the emphasis on proper postural alignment, core strength, muscular balance and flexibility. Pilates is performed entirely from mat on the floor. A strong core supports the spine!

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.

Stretching for Flexibility-Mat: (Level: All) Yoga poses and stretching technique will be offered in this class to increase flexibility.

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 + 30 Minute Stretch: (Level: Intermediate/Advanced) This class will target all major muscle groups. Strengthen and tone your body while improving flexibility.

Yoga (Level: Beginner/Intermediate) Calm your mind, challenge your body and connect to breath. Longer holds in postures that focus on alignment, flexibility, strength & balance. Blocks and straps may be incorporated.

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.

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