


GCC Main Campus Group Fitness Schedule Fall 2024

September 4th - December 13th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00 - 8:50am Yoga-lattes-Mat ✔️ FW-01 Staff Meeting ID: 951 4026 6931		8:00 - 8:50am Yoga for Flexibility - Mat ✔️ FW-01 Staff Meeting ID: 951 4026 6931	8:00 - 8:50am Pilates-Mat ✔️ FW-01 Susie Meeting ID: 946 2585 8685	
9:00 - 9:50am Strength & Cardio Intervals ✔️ FW-01 Susie Meeting ID: 982 3576 1994	9:00 - 9:50am Cardio-Low Impact ✔️ FW-01 Staff Meeting ID: 941 0072 0137	9:00 - 9:50am Strength & Balance Mixer ✔️ FW-01 Susie Meeting ID: 982 3576 1994	9:00 - 9:50am Total Body Conditioning ✔️ FW-01 Staff Meeting ID: 941 0072 0137	9:00 - 9:50am Step Interval ✔️ FW-01 Susie Meeting ID: 982 3576 1994	8:30 - 9:30am Total Body Conditioning ✔️ FW-01 Wendy Meeting ID: 919 6425 7457
10:00 - 10:50am Yoga-Chair & Mat ✔️ FW-01 Susie Meeting ID: 989 4887 5824	10:00 - 10:50am Fit & Fresh ✔️ FW-01 Staff Meeting ID: 934 6983 4748	10:00 - 10:50am Yoga-Chair & Mat ✔️ FW-01 Susie Meeting ID: 989 4887 5824	10:00 - 10:50am Fit & Fresh ✔️ FW-01 Staff Meeting ID: 934 6983 4748	10:00 - 10:50am Yoga-Chair & Mat ✔️ FW-01 Susie Meeting ID: 989 4887 5824	<p>BE <i>the</i> Reason SOMEBODY <i>smiles today</i></p> 
11:00 - 11:50am Live Sound Meditation ■ FW-53 Susie Dates: 9/16, 10/14, 11/4, 11/18		11:00 - 11:50am Line Dance Mix ✔️ FW-01 Susie Meeting ID: 978 1385 7923			
12:00 - 12:50pm Tai Chi ■ FW-01 Joseph		12:00 - 12:50pm Tai Chi ■ FW-01 Joseph			
12:00pm - 3:00pm Lap Swim – GCC Pool		12:00pm - 3:00pm Lap Swim – GCC Pool		12:00pm - 3:00pm Lap Swim – GCC Pool	
5:30 - 6:15pm Fit & Fresh ■ Meet in the Fitness Center	5:30 - 6:30pm Gentle Yoga ✔️ FW-53 Gloria Meeting ID: 930 9708 2281 6:30 - 7:00pm FW-53 ■ Live Sound Meditation	5:30 - 6:30pm Yoga Sculpt ✔️ FW-01 Liana Meeting ID: 957 9199 1007	5:30 - 6:30pm Gentle Yoga ✔️ FW-53 Gloria Meeting ID: 930 9708 2281	<p>Stay Connected With Us! Website: www.gccaz.edu/fc Instagram: gccfitnesswellness Facebook: www.facebook.com/gccfitnesswellness</p>	

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>Fitness Center Hours of Operation Monday – Friday: 5:00am - 7:00pm Saturday: 7:00am - 11:00am Sunday: Closed</p>	<p>Fall Holiday Schedule September 2nd – Labor Day - Closed November 11th – Veterans Day - Closed November 28th – Thanksgiving Day - Closed</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.
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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.

Fit & Fresh: (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. Options will be offered for all levels of fitness. Participants may remain seated for the entire class.

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 dance styles. 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.

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: (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: (Level: All) This class offers a gentle approach to the muscle-sculpting core benefits of Pilates with flexibility benefits of yoga.

Yoga for Flexibility-Mat: (Level: All) This class incorporates yoga poses to increase overall body flexibility.

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.

9/3/2024