


| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|--|
| | 8:00 - 8:50am Yoga-lattes - Mat ✔ FW-01 Sherry Meeting ID: 967 5931 2090 | | 8:00 - 8:50am Yoga for Flexibility - Mat ✔ FW-01 Sherry Meeting ID: 967 5931 2090 | 8:00 - 8:50am Pilates-Mat ✔ FW-01 Susie Meeting ID: 995 0976 5093 | |
| 9:00 - 9:50am Strength & Cardio Intervals ✔ FW-01 Susie Meeting ID: 987 9920 3795 | 9:00 - 9:50am Cardio – Low Impact ✔ FW-01 Sherry Meeting ID: 924 3281 9039 | 9:00 - 9:50am Strength & Balance ✔ FW-01 Susie Meeting ID: 987 9920 3795 | 9:00 - 9:50am Total Body Conditioning ✔ FW-01 Sherry Meeting ID: 924 3281 9039 | 9:00 - 9:50am Step Interval ✔ FW-01 Susie Meeting ID: 987 9920 3795 | 8:30 - 9:30am Total Body Conditioning ✔ FW-01 Wendy Meeting ID: 915 3795 8457 |
| 10:00 - 10:50am Yoga-Chair & Mat ✔ FW-01 Susie Meeting ID: 982 7006 1985 | 10:00 - 10:50am Workout Combo ✔ FW-01 Sherry Meeting ID: 939 3005 7503 | 10:00 - 10:50am Yoga-Chair & Mat ✔ FW-01 Susie Meeting ID: 982 7006 1985 | 10:00 - 10:50am Workout Combo ✔ FW-01 Sherry Meeting ID: 939 3005 7503 | 10:00 - 10:50am Yoga-Chair & Mat ✔ FW-01 Susie Meeting ID: 982 7006 1985 | <p>BE <i>the</i> Reason SOMEBODY Smiles TODAY!</p>  |
| 11:00 - 11:50am Tai Chi ■ FW-01 Joseph | | 11:00 - 11:50am Live Sound Meditation ■ FW-53 Susie | | 11:00 - 11:50am Line Dance Mix ✔ FW-01 Susie Meeting ID: 936 2046 0713 | |
| 12:00 – 3:00pm Lap Swim – GCC Pool | | 12:00 – 3:00pm Lap Swim – GCC Pool | | 12:00 – 3:00pm Lap Swim – GCC Pool | |
| | 12:05 - 12:45pm Yoga for Flexibility ✔ FW-53 Susie Meeting ID: 984 3799 6152 | | 12:05 - 12:45pm Yoga for Flexibility ✔ FW-53 Susie Meeting ID: 984 3799 6152 | | |
| 5:30 - 6:15pm Small Group Training ■ Meet in the Fitness Center | 5:30 - 6:30pm Gentle Yoga ✔ FW-53 Gloria Meeting ID: 979 4728 0444 | 5:30 - 6:30pm Yoga Sculpt ✔ FW-01 Liana Meeting ID: 994 2215 4380 | 5:30 - 6:15pm Small Group Training ■ Meet in the Fitness Center | 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 are offered both in-person and virtually simultaneously.

Classes are subject to change. Class descriptions on reverse side.

Fitness Center Hours of Operation

Monday – Friday: 5am - 7pm
Saturday: 7 - 11am
Sunday: Closed

Spring Holiday Closures

January 20th - Martin Luther King, Jr. Day - Closed
February 17th - Presidents' Day - Closed

Follow these simple steps to participate!

- 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.

Cardio – Low Impact: (Level: Intermediate) Get your heart rate pumping with this easy to follow aerobic workout. Easy on the joints while increasing the heartrate to burn, burn, burn those calories.

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>.

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.

Small Group Training (Level: All) Meet in the GCC Fitness Center for an instructor lead small group fitness training session.

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: (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.

Workout Combo: (Level: Beginner/Intermediate) Enjoy a variety of workout formats in one class: cardio, strength, balance and flexibility, instructors’ choice. Each class will offer a fun variety of exercises that will stimulate different muscle groups 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.

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.