


# GCC North Group Fitness Schedule

August 17<sup>th</sup> – December 13<sup>th</sup>

Fall 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00 - 8:50am <a href="#">Cardio Mixer</a> ✔ Penny Meeting ID: 968 8755 8005		8:00 - 8:50am <a href="#">Balance Mixer</a> ✔ Penny Meeting ID: 968 8755 8005		
9:00 - 9:50am <a href="#">Cardio &amp; Strength Intervals</a> ✔ Julie Meeting ID: 912 0897 5064	9:00 - 9:50am <a href="#">Balance Mixer</a> ✔ Penny Meeting ID: 961 9945 3788	9:00 - 9:50am <a href="#">Cardio Body Sculpt</a> ✔ Paloma Meeting ID: 985 4070 5392	9:00 - 9:50am <a href="#">Cardio Mixer</a> ✔ Penny Meeting ID: 961 9945 3788	9:00 - 9:50am <a href="#">Total Body Conditioning</a> ✔ Wendy Meeting ID: 929 4622 3823	9:00 - 9:55am <a href="#">Total Body Conditioning</a> ✔ Nancy Meeting ID: 954 5753 6498
10:00 - 10:50am <a href="#">SilverSneakers® Classic</a> ✔ Julie Meeting ID: 951 2059 9777	10:00 - 10:50am <a href="#">Yoga Chair &amp; Mat</a> ✔ Penny Meeting ID: 943 7187 9291	10:00 - 10:50am <a href="#">Fit &amp; Fresh</a> ✔ Paloma Meeting ID: 932 3227 1203	10:00 - 10:50am <a href="#">Yoga Chair &amp; Mat</a> ✔ Penny Meeting ID: 943 7187 9291	10:00 - 10:50am <a href="#">Fit &amp; Fresh</a> ✔ Wendy Meeting ID: 955 9406 2151	  <b>Shine</b>  <b>BRIGHT</b>
		11:00 - 11:50am <a href="#">SilverSneakers® Classic</a> ✔ Paloma Meeting ID: 981 1346 1822	11:00 - 11:50am Live Sound Meditation ■ Penny Dates: 9/26, 10/17, 11/21, 12/12	11:00 - 11:50am <a href="#">SilverSneakers® Classic</a> ✔ Wendy Meeting ID: 960 7894 9424	
6:00 - 6:55pm <a href="#">Total Body Conditioning</a> ✔ Wendy Meeting ID: 946 3799 8795	6:00 - 6:55pm <a href="#">Strength &amp; Stretch</a> ✔ Mirna Meeting ID: 941 1362 8248	6:00 - 6:55pm Stretch ■ Olivia	6:00 - 6:55pm <a href="#">Strength &amp; Stretch</a> ✔ Mirna Meeting ID: 941 1362 8248	<b>Follow these simple steps to participate!</b> <ul style="list-style-type: none"> <li>• Check-in with your GCC ID prior to class at the Fitness Center front desk.</li> <li>• Don't forget your towel &amp; water bottle!</li> <li>• Please arrive to class on time, late arrivals will not be permitted.</li> </ul>	

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 of Operation

Monday-Friday: 5:00am - Noon, 3:00pm - 7:00pm

Saturday: 8:00am - Noon

Sunday: Closed

### Fall Holiday Schedule

September 2<sup>nd</sup> – Labor Day - Closed

November 11<sup>th</sup> – Veterans Day - Closed

November 28<sup>th</sup> – Thanksgiving Day - Closed

### Stay Connected With Us!

Website: [www.gccaz.edu/fc](http://www.gccaz.edu/fc)

Instagram: gccfitnesswellness

Facebook: [www.facebook.com/gccfitnesswellness](http://www.facebook.com/gccfitnesswellness)

Class descriptions on reverse side

# Fall 2024

## ***GCC North Group Fitness Class Descriptions***

**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.

**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.

**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!

**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.

**Strength & Stretch: (Level: Beginner/Intermediate)** Strengthen your muscles and increase your flexibility. First half of the class will be strength conditioning exercises followed by stretching.

**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!

**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.

8/5/2024