


GCC North Group Fitness Schedule

January 11th – May 9th

Spring 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 8:50am Workout Combo ✔ Julie Meeting ID: 912 2435 0427	8:00 - 8:50am Cardio Mixer ✔ Penny Meeting ID: 965 7080 0012		8:00 - 8:50am Balance Mixer ✔ Penny Meeting ID: 965 7080 0012		
9:00 - 9:50am Cardio & Strength Intervals ✔ Julie Meeting ID: 923 0065 6160	9:00 - 9:50am Balance Mixer ✔ Penny Meeting ID: 990 5167 3700	9:00 - 9:50am Cardio Body Sculpt ✔ Paloma Meeting ID: 979 8080 9116	9:00 - 9:50am Cardio Mixer ✔ Penny Meeting ID: 990 5167 3700	9:00 - 9:50am Total Body Conditioning ✔ Wendy Meeting ID: 991 0568 8299	9:00 - 9:55am Total Body Conditioning ✔ Nancy Meeting ID: 972 4001 5411
10:00 - 10:50am SilverSneakers® Classic ✔ Julie Meeting ID: 963 2817 8582	10:00 - 10:50am Yoga Chair & Mat ✔ Penny Meeting ID: 933 0253 3928	10:00 - 10:50am Workout Combo ✔ Paloma Meeting ID: 991 9451 7223	10:00 - 10:50am Yoga Chair & Mat ✔ Penny Meeting ID: 933 0253 3928	10:00 - 10:50am SilverSneakers® Classic ✔ Wendy Meeting ID: 921 7212 0006	 <i>Shine</i> BRIGHT
		11:00 - 11:50am SilverSneakers® Classic ✔ Paloma Meeting ID: 918 6672 5745	11:00 - 11:50am Live Sound Meditation ■ Penny Dates: 1/23, 2/20, 3/20		
6:00 - 6:55pm Total Body Conditioning ✔ Wendy Meeting ID: 918 3482 7209	6:00 - 6:55pm Strength & Stretch ✔ Wendy Meeting ID: 918 3482 7209	6:00 - 6:55pm Stretch ■ Olivia	6:00 - 6:55pm Gentle Yoga ✔ Amila Meeting ID: 999 1989 6270	Follow these simple steps to participate! <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 are offered both in-person and virtually simultaneously

Classes are held in C104

Classes are subject to change

Fitness Center Hours of Operation
Monday-Friday: 5am - Noon, 3 - 7:00pm
Saturday: 8am - Noon
Sunday: Closed

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

Stay Connected With Us!
Website: www.gccaz.edu/fc
Instagram: gccfitnesswellness
Facebook: www.facebook.com/gccfitnesswellness

Class descriptions on reverse side

Spring 2025

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.

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.

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!

Workout Combo: (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.

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.