


# GCC North Group Fitness Schedule

May 11<sup>th</sup> – August 16<sup>th</sup>

Summer 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00 - 8:50am <a href="#">Cardio Mixer</a> ✔ Penny Meeting ID: 921 2794 1326		8:00 - 8:50am <a href="#">Balance Mixer</a> ✔ Penny Meeting ID: 921 2794 1326		
9:00 - 9:50am <a href="#">Cardio &amp; Strength Intervals</a> ✔ Roxie Meeting ID: 994 8181 7543	9:00 - 9:50am <a href="#">Balance Mixer</a> ✔ Penny Meeting ID: 988 4305 7916	9:00 - 9:50am <a href="#">Cardio Body Sculpt</a> ✔ Paloma Meeting ID: 970 7067 2998	9:00 - 9:50am <a href="#">Cardio Mixer</a> ✔ Penny Meeting ID: 988 4305 7916	9:00 - 9:50am <a href="#">Total Body Conditioning</a> ✔ Mirna Meeting ID: 998 4304 5920	9:00 - 9:55am <a href="#">Total Body Conditioning</a> ✔ Nancy Meeting ID: 945 3229 5024
10:00 - 10:50am <a href="#">Flexibility &amp; More on the Mat</a> ✔ Roxie Meeting ID: 984 6858 6192	10:00 - 10:50am <a href="#">Yoga Chair &amp; Mat</a> ✔ Penny Meeting ID: 963 7983 3850	10:00 - 10:50am <a href="#">Stretching for Flexibility</a> ✔ Paloma Meeting ID: 993 6879 4383	10:00 - 10:50am <a href="#">Yoga Chair &amp; Mat</a> ✔ Penny Meeting ID: 963 7983 3850	10:00 - 10:50am <a href="#">Stretching for Flexibility</a> ✔ Mirna Meeting ID: 963 7630 4698	  <i>Shine</i> <b>BRIGHT</b>
11:00 - 11:50am <a href="#">SilverSneakers® Classic</a> ✔ Roxie Meeting ID: 944 7758 0844		11:00 - 11:50am <a href="#">SilverSneakers® Classic</a> ✔ Paloma Meeting ID: 981 1815 6468	11:00 - 11:50am Live Sound Meditation ■ Penny <b>5/9, 6/27, 7/25, 8/15</b>	11:00 - 11:50am <a href="#">SilverSneakers® Classic</a> ✔ Mirna Meeting ID: 954 0543 0025	
6:00 - 6:55pm <a href="#">Total Body Conditioning</a> ✔ Mirna Meeting ID: 938 4755 6255	6:00 - 6:55pm <a href="#">Stretching for Flexibility</a> ✔ Mirna Meeting ID: 954 4860 4247	6:00 - 6:55pm Stretch ■ Olivia	6:00 - 6:55pm <a href="#">Stretching for Flexibility</a> ✔ Mirna Meeting ID: 954 4860 4247	<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

**Summer Holiday Schedule**

Monday, May 27<sup>th</sup>, Memorial Day - Closed  
Wednesday, June 19<sup>th</sup>, Juneteenth - Closed  
Thursday, July 4<sup>th</sup>, Independence 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

# Summer 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.

**Flexibility & More on the Mat: (Level: Beginner/Intermediate)** This class will incorporate a variety of mat based exercise and stretching techniques in order to increase overall body strength, flexibility and range of movement. Chair will be available for assistance with getting on and off the floor.

**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.

**Stretching for Flexibility: (Level: Beginner/Intermediate)** Stretching techniques will be performed on a mat in order to increase flexibility and range of movement. Class will end with relaxation for inner peace.

**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! The Monday evening class will utilize the TRX system.

**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.