

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# GCC Main Winter Break Group Fitness Schedule

## December 14, 2024 – January 10, 2025

**December 14<sup>th</sup>**  
 8:30-9:30am FW-01  
[Total Body Conditioning-Sherry](#)  
 🏠 Meeting ID: 919 9846 4871

**December 16<sup>th</sup>**

9:00-9:50am FW-01  
[Strength & Cardio Intervals-Susie](#)  
 🏠 Meeting ID: 964 2658 1183

10:00-10:50am FW-01  
[Yoga Chair & Mat-Susie](#)  
 🏠 Meeting ID: 923 0410 1744

11:00-11:50am FW-01  
 ■ Tai Chi-Joseph

5:30-6:15pm  
 ■ Small Group Training  
 Held in the Fitness Center

**December 17<sup>th</sup>**

8:00-8:50am FW-01  
[Stretching for Flexibility-Susie](#)  
 🏠 Meeting ID: 983 4353 0040

9:00-9:50am FW-01  
[Cardio-Low Impact-Susie](#)  
 🏠 Meeting ID: 964 2658 1183

10:00-10:50am FW-01  
[Workout Combo-Susie](#)  
 🏠 Meeting ID: 923 0410 1744

5:30-6:30pm FW-53  
[Gentle Yoga-Gloria](#)  
 🏠 Meeting ID: 982 6712 6058

**December 18<sup>th</sup>**

9:00-9:50am FW-01  
[Strength & Balance Mixer-Susie](#)  
 🏠 Meeting ID: 964 2658 1183

10:00-10:50am FW-01  
[Yoga Chair & Mat-Susie](#)  
 🏠 Meeting ID: 923 0410 1744

11:00-11:50am FW-53  
 ■ Live Sound Meditation-Susie

5:30-6:30pm FW-01  
[Yoga Sculpt-Liana](#)  
 🏠 Meeting ID: 993 4974 4003

**December 19<sup>th</sup>**

8:00-8:50am FW-01  
[Stretching Flexibility-Sherry](#)  
 🏠 Meeting ID: 912 4420 9563

9:00-9:50am FW-01  
[Total Body Conditioning-Sherry](#)  
 🏠 Meeting ID: 995 0568 4258

10:00-10:50am FW-01  
[Workout Combo-Sherry](#)  
 🏠 Meeting ID: 925 1874 4667

5:30-6:15pm  
 ■ Small Group Training  
 Held in the Fitness Center

**December 20<sup>th</sup>**

8:00-8:50am FW-01  
[Pilates-Mat-Sherry](#)  
 🏠 Meeting ID: 912 4420 9563

9:00-9:50am FW-01  
[Step Interval-Sherry](#)  
 🏠 Meeting ID: 995 0568 4258

10:00-10:50am FW-01  
[Yoga Chair & Mat-Sherry](#)  
 🏠 Meeting ID: 925 1874 4667

**December 21<sup>st</sup>**

8:30-9:30am FW-01  
[Total Body Conditioning-Sherry](#)  
 🏠 Meeting ID: 919 9846 4871

**December 23<sup>rd</sup>**

9:00-9:50am FW-01  
[Strength & Cardio Intervals-Paloma](#)  
 🏠 Meeting ID: 922 7732 3758

10:00-10:50am FW-01  
[Yoga Chair & Mat-Paloma](#)  
 🏠 Meeting ID: 981 3155 7614

**December 24<sup>th</sup>**

9:00-9:50am FW-01  
[Strength & Balance Mixer-Sherry](#)  
 🏠 Meeting ID: 995 0568 4258

10:00-10:50am FW-01  
[Workout Combo-Sherry](#)  
 🏠 Meeting ID: 925 1874 4667

**December 25<sup>th</sup>**

*Christmas Day*  
  
**Fitness Center Closed**  
  
**No Group Fitness**

**December 26<sup>th</sup>**

9:00-9:50am FW-01  
[Total Body Conditioning-Sherry](#)  
 🏠 Meeting ID: 995 0568 4258

10:00-10:50am FW-01  
[Workout Combo-Sherry](#)  
 🏠 Meeting ID: 925 1874 4667

**December 27<sup>th</sup>**

9:00-9:50am FW-01  
[Step Interval-Sherry](#)  
 🏠 Meeting ID: 995 0568 4258

10:00-10:50am FW-01  
[Yoga Chair & Mat-Sherry](#)  
 🏠 Meeting ID: 925 1874 4667

**December 28<sup>th</sup>**

8:30-9:30am FW-01  
[Total Body Conditioning-Sherry](#)  
 🏠 Meeting ID: 919 9846 4871

**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

### Open Lap Swim

December 16<sup>th</sup> – 30<sup>th</sup>

Monday, Wednesday & Friday

Time 12 – 3pm

December 25<sup>th</sup> & January 1<sup>st</sup> - Pool is Closed

### Follow these simple steps to participate!

- \*Check-in with your GCC ID prior to class at the Fitness Center front desk and collect your pass for class.
- \*Put the class pass in the designated bin in the class room.
- \*Don't forget your towel & water bottle!
- \*Please arrive to class on time, late arrivals will not be permitted.

### Fitness Center Hours of Operation

Monday – Friday: 5am - 12pm & 4 - 7pm

Saturday: 7 - 11am

Sunday: Closed

### Modified Fitness Center Hours

December 24<sup>th</sup> – No evening hours

December 26<sup>th</sup> – No 5 - 8am hours

December 31<sup>st</sup> – No evening hours

### Winter Break Holiday Closures

Christmas Day, December 25<sup>th</sup>

New Year's Day, January 1<sup>st</sup>

More classes



# GCC Main Winter Break Group Fitness Schedule

December 14, 2024 – January 10, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>December 30<sup>th</sup></b> 9:00-9:50am FW-01 <a href="#">Strength &amp; Cardio Intervals-Paloma</a> † Meeting ID: 922 7732 3758  10:00-10:50am FW-01 <a href="#">Yoga Chair &amp; Mat-Paloma</a> † Meeting ID: 981 3155 7614	<b>December 31<sup>st</sup></b> 9:00-9:50am FW-01 <a href="#">Cardio-Low Impact-Sherry</a> † Meeting ID: 995 0568 4258  10:00-10:50am FW-01 <a href="#">Workout Combo-Sherry</a> † Meeting ID: 925 1874 4667	<b>January 1<sup>st</sup></b> <i>New Year's Day</i>  <b>Fitness Center Closed</b>  <b>No Group Fitness</b>	<b>January 2<sup>nd</sup></b> 9:00-9:50am FW-01 <a href="#">Total Body Conditioning-Sherry</a> † Meeting ID: 995 0568 4258  10:00-10:50am FW-01 <a href="#">Workout Combo-Sherry</a> † Meeting ID: 925 1874 4667	<b>January 3<sup>rd</sup></b> 9:00-9:50am FW-01 <a href="#">Step Interval-Susie</a> † Meeting ID: 964 2658 1183  10:00-10:50am FW-01 <a href="#">Yoga Chair &amp; Mat-Susie</a> † Meeting ID: 923 0410 1744	<b>January 4<sup>th</sup></b> 8:30-9:30am FW-01 <a href="#">Total Body Conditioning-Sherry</a> † Meeting ID: 919 9846 4871
<b>January 6<sup>th</sup></b>  9:00-9:50am FW-01 <a href="#">Strength &amp; Cardio Intervals-Susie</a> † Meeting ID: 964 2658 1183  10:00-10:50am FW-01 <a href="#">Yoga Chair &amp; Mat-Susie</a> † Meeting ID: 923 0410 1744  11:00-11:50am FW-01 ■ Tai Chi-Joseph  5:30-6:15pm FW-01 ■ Small Group Training Held in the Fitness Center	<b>January 7<sup>th</sup></b> 8:00-8:50am FW-01 <a href="#">Stretching for Flexibility-Sherry</a> † Meeting ID: 912 4420 9563  9:00-9:50am FW-01 <a href="#">Cardio-Low Impact-Sherry</a> † Meeting ID: 995 0568 4258  10:00-10:50am FW-01 <a href="#">Workout Combo-Sherry</a> † Meeting ID: 925 1874 4667  5:30-6:30pm FW-53 <a href="#">Gentle Yoga-Gloria</a> † Meeting ID: 982 6712 6058	<b>January 8<sup>th</sup></b>  9:00-9:50am FW-01 <a href="#">Strength &amp; Balance Mixer-Susie</a> † Meeting ID: 964 2658 1183  10:00-10:50am FW-01 <a href="#">Yoga Chair &amp; Mat-Susie</a> † Meeting ID: 923 0410 1744  11:00-11:50am FW-53 ■ Live Sound Meditation-Susie  5:30-6:30pm FW-01 <a href="#">Yoga Sculpt-Liana</a> † Meeting ID: 993 4974 4003	<b>January 9<sup>th</sup></b> 8:00-8:50am FW-01 <a href="#">Stretching for Flexibility-Sherry</a> † Meeting ID: 912 4420 9563  9:00-9:50am FW-01 <a href="#">Total Body Conditioning-Sherry</a> † Meeting ID: 995 0568 4258  10:00-10:50am FW-01 <a href="#">Workout Combo-Sherry</a> † Meeting ID: 925 1874 4667  5:30-6:15pm FW-01 ■ Small Group Training Held in the Fitness Center	<b>January 10<sup>th</sup></b> 8:00-8:50am FW-01 <a href="#">Pilates-Mat-Susie</a> † Meeting ID: 983 4353 0040:  9:00-9:50am FW-01 <a href="#">Step Interval-Susie</a> † Meeting ID: 964 2658 1183  10:00-10:50am FW-01 <a href="#">Yoga Chair &amp; Mat-Susie</a> † Meeting ID: 923 0410 1744	<p style="text-align: center;"><i>Share a smile with someone today!</i></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

## Connect with us!

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

Instagram: [gccfitnesswellness](https://www.instagram.com/gccfitnesswellness)

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

## Follow these simple steps to participate!

- Check-in with your GCC ID prior to class at the Fitness Center front desk and collect your pass for class.
- Put the class pass in the designated bin in the class room.
- Don't forget your towel & water bottle!
- Please arrive to class on time, late arrivals will not be permitted.

Class descriptions: Go to the fitness center front desk to obtain a copy of the class descriptions.

More classes

