

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

GCC North Winter Break Group Fitness Schedule

December 14, 2024 – January 10, 2025

December 14th

9:00-9:55am
[Total Body Conditioning-Penny](#)
 🏠 Meeting ID: 977 6250 3249

December 16th

9:00-9:50am
[Cardio & Strength Intervals-Julie](#)
 🏠 Meeting ID: 971 2977 2689

10:00-10:50am
[SilverSneakers® Classic-Julie](#)
 🏠 Meeting ID: 910 5070 1235

6:00-6:55pm
[Total Body Conditioning-Wendy](#)
 🏠 Meeting ID: 932 4714 9521

December 17th

8:00-8:50am
[Cardio Mixer-Paloma](#)
 🏠 Meeting ID: 944 7204 1331

9:00-9:50am
[Balance Mixer-Paloma](#)
 🏠 Meeting ID: 972 7624 9322

10:00-10:50am
[Yoga Chair & Mat-Paloma](#)
 🏠 Meeting ID: 977 7657 7004

6:00-6:55pm
[Strength & Stretch-Wendy](#)
 🏠 Meeting ID: 932 4714 9521

December 18th

9:00-9:50am
[Cardio Body Sculpt-Paloma](#)
 🏠 Meeting ID: 972 7624 9322

10:00-10:50am
[SilverSneakers® Classic-Paloma](#)
 🏠 Meeting ID: 977 7657 7004

6:00-6:55pm
[Stretch-Nancy](#)
 🏠 Meeting ID: 925 8513 8164

December 19th

8:00-8:50am
[Balance Mixer-Paloma](#)
 🏠 Meeting ID: 944 7204 1331

9:00-9:50am
[Cardio Mixer-Paloma](#)
 🏠 Meeting ID: 972 7624 9322

10:00-10:50am
[Yoga Chair & Mat-Paloma](#)
 🏠 Meeting ID: 977 7657 7004

6:00-6:55pm
[Strength & Stretch-Wendy](#)
 🏠 Meeting ID: 932 4714 9521

December 20th

9:00-9:50am
[Cardio & Strength Intervals-Roxie](#)
 🏠 Meeting ID: 955 5906 2432

10:00-10:50am
[SilverSneakers® Classic-Roxie](#)
 🏠 Meeting ID: 943 8086 6482

December 21st

9:00-9:55am
[Total Body Conditioning-Wendy](#)
 🏠 Meeting ID: 945 2261 5441

December 23rd

9:00-9:50am
[Cardio & Strength Intervals-Julie](#)
 🏠 Meeting ID: 971 2977 2689

10:00-10:50am
[SilverSneakers® Classic-Julie](#)
 🏠 Meeting ID: 910 5070 1235

December 24th

9:00-9:50am
[Balance Mixer-Wendy](#)
 🏠 Meeting ID: 945 2261 5441

10:00-10:50am
[Yoga Chair & Mat-Wendy](#)
 🏠 Meeting ID: 948 1862 5058

December 25th

Christmas Day
 Fitness Center Closed

No Group Fitness

December 26th

9:00-9:50am
[Cardio Mixer-Wendy](#)
 🏠 Meeting ID: 945 2261 5441

10:00-10:50am
[Yoga Chair & Mat-Wendy](#)
 🏠 Meeting ID: 948 1862 5058

December 27th

9:00-9:50am
[Cardio & Strength Intervals-Wendy](#)
 🏠 Meeting ID: 945 2261 5441

10:00-10:50am
[SilverSneakers® Classic-Wendy](#)
 🏠 Meeting ID: 948 1862 5058

December 28th

9:00-9:55am
[Total Body Conditioning-Wendy](#)
 🏠 Meeting ID: 945 2261 5441

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

Follow these simple steps to participate!

- 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.

Classes held in C-104

Fitness Center Hours of Operation

Monday – Friday: 5am - 12pm & 3 - 7pm
 Saturday: 8am - 12pm
 Sunday: Closed

Modified Fitness Center Hours Listed Below

December 24th – No evening hours
 December 26th – No 5a - 8am hours
 December 31st – No evening hours

Winter Break Holiday Closures

Christmas Day, December 25th
 New Year's Day, January 1st

More classes



GCC North Winter Break Group Fitness Schedule

December 14, 2023 – January 10, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 30th	December 31st	January 1st	January 2nd	January 3rd	January 4th
9:00-9:50am Cardio & Strength Intervals-Julie V+ Meeting ID: 971 2977 2689 10:00-10:50am SilverSneakers® Classic-Julie V+ Meeting ID: 910 5070 1235	9:00-9:50am Balance Mixer-Wendy V+ Meeting ID: 945 2261 5441 10:00-10:50am Yoga Chair & Mat-Wendy V+ Meeting ID: 948 1862 5058	<p align="center"><i>New Year's Day</i></p> <p align="center">Fitness Center Closed</p> <p align="center">No Group Fitness</p>	9:00-9:50am Cardio Mixer-Wendy V+ Meeting ID: 945 2261 5441 10:00-10:50am Yoga Chair & Mat-Wendy V+ Meeting ID: 948 1862 5058	9:00-9:50am Cardio & Strength Intervals-Wendy V+ Meeting ID: 945 2261 5441 10:00-10:50am SilverSneakers® Classic- Wendy V+ Meeting ID: 948 1862 5058	9:00-9:55am Total Body Conditioning-Wendy V+ Meeting ID: 945 2261 5441
January 6th	January 7th	January 8th	January 9th	January 10th	<p align="center"><i>We appreciate you!</i></p> 
8:00-8:50am New 8am class begins January 13 th 9:00-9:50am Cardio & Strength Intervals-Julie V+ Meeting ID: 971 2977 2689 10:00-10:50am SilverSneakers® Classic-Julie V+ Meeting ID: 910 5070 1235 6:00-6:55pm Total Body Conditioning-Wendy V+ Meeting ID: 932 4714 9521	8:00-8:50am Cardio Mixer-Penny V+ Meeting ID: 979 5230 9238 9:00-9:50am Balance Mixer-Penny V+ Meeting ID: 934 2411 1304 10:00-10:50am Yoga Chair & Mat-Penny V+ Meeting ID: 936 3396 3516 6:00-6:55pm Strength & Stretch-Wendy V+ Meeting ID: 932 4714 9521	8:00-8:50am Workout Combo-Penny V+ Meeting ID: 979 5230 9238 9:00-9:50am Cardio Body Sculpt-Penny V+ Meeting ID: 934 2411 1304 10:00-10:50am Chair Fitness-Penny V+ Meeting ID: 936 3396 3516 6:00-6:55pm Stretch-Olivia ■	8:00-8:50am Balance Mixer-Penny V+ Meeting ID: 979 5230 9238 9:00-9:50am Cardio Mixer-Penny V+ Meeting ID: 934 2411 1304 10:00-10:50am Yoga Chair & Mat-Penny V+ Meeting ID: 936 3396 3516 6:00-6:55pm Strength & Stretch-Wendy V+ Meeting ID: 932 4714 9521	9:00-9:50am Cardio & Strength Intervals-Sherry V+ Meeting ID: 995 0568 4258 10:00-10:50am SilverSneakers® Classic-Sherry V+ Meeting ID: 925 1874 4667	

Key Code: ■ Classes are available in-person only. V+ (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

Instagram: gccfitnesswellness

Facebook: 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.
- 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. Classes held in C-104

More classes

