

# Glendale Community College Summer 2009 Aerobics/Yoga/Cycle

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Early Bird</b>	5:30-6:30am FC Cycle Vicki		6-7am FW-50 Cardio Body Pump Latrece			
<b>9am</b>	9-10am FW-50 Cardio Body Pump Ellen	9-10am FW-50 Nothin' But Cardio Olivia	9-10am FC Cycle Vicki	9-10am FW-53 Yoga Basics Michael	9-10am FW-50 Cardio Body Pump Rachel	
<b>4pm</b>	4-5pm FW-50 Step/Abs Ellen		4-5pm FW-53 Yoga Basics Mimi			<b>Sunday</b>  9-10:30am FW-53 Yoga for All Levels Anna
<b>5pm</b>	5-6:15pm FW-53 Intro to Power Yoga Anna	5-6pm FW-50 Cardio Body Pump Rachel	5-6pm FW-53 Yoga Mix Mimi	5-6pm FW-50 Cardio Body Pump Dawn	5-6:15pm FC Enduro Cycle Vicki	
<b>6pm</b>	6-7pm FW-50 Cardio Body Pump April	6-7pm FW-50 Step & Stretch Patty	6-7pm FC Cycle Erika	6-7:15pm FW-53 Healthy Backs Mimi	6-7pm FW-50 Step & Sculpt Patty	
					<a href="http://www.gccaz.edu/fw">www.gccaz.edu/fw</a>	

**Cardio Body Pump** ~ A muscle strengthening workout that incorporates cardio moves. Hand weights, rubber bands, tubing, and other equipment are used.

**Cycle** ~ A stationary group cycle workout that is a maximum leg and lung challenge. Bring water! Held in Fitness Center.

**Enduro Cycle** ~ Kick it up a notch! Its 75 minutes of leg/lung challenge on the cycle. Bring water! Held in Fitness Center.

**Kickbox** ~ An invigorating mix of kickboxing moves and cardio.

**Nothin' But Cardio**~Following the warm up, an entire class of non-stop cardio to increase cardiovascular endurance.May include step, aerobics, BOSU, balls, etc.

**Sculpt and Stretch** ~ 30 min strengthens specific muscles using bands, tubing, and hand weights. 30 min total body stretch and relaxation.

**Step/Sculpt** ~ 30 minutes of step followed by 30 minutes of strength training.

**All Levels Yoga** ~ This mixed level class introduces variations of the basic yoga postures, allowing students to gain strength, stamina and flexibility. Strong emphasis on alignment and technique encouraging students to practice at their own level with a flow to keep the pace invigorating.

**Intro to Power Yoga** ~ Basic yoga postures performed in a dynamic series designed to gain strength, add flexibility and release toxins. All levels welcome.

**Yoga Basics** ~ Focus on fundamental yoga postures and combine breathing with the movement to build strength and flexibility. Geared for all skill levels. Highly recommended for beginners

### Three Ways to Register:

- Call 623-845-3333
- [www.my.maricopa.edu](http://www.my.maricopa.edu)
- Enrollment Center on Campus

[www.gccaz.edu/fw](http://www.gccaz.edu/fw)



GLENDALE COMMUNITY COLLEGE