

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Bird	5:30-6:30am FC Cycle Vicki		6-7am FW-50 Cardio Body Pump Latrece			
8am		8-9am FW-50 Nothin' But Cardio Olivia		8-9am FW-50 Cardio Body Pump Ellen		
9am	9-10am FW-50 Step Ellen		9-10am FW-50 Step & Pump Vicki		9-10am FW-50 Cardio Body Pump Rachel	9-10am FW-50 Cardio Body Pump Dawn
4pm	4-5pm FW-50 Step & Core Ellen		4-5pm FW-50 Cardio Body Pump Dawn			Sunday
5pm	5-6pm FC Cycle Vicki	5-6pm FW-50 Cardio Body Pump Stephanie	5-6pm FW-50 Step & Core Rachel	5-6pm FW-50 Cardio Body Pump April	5-6:15pm FC Enduro Cycle Vicki	9-10:30am FW-53 Intro to Power Yoga Anna
6pm	6-7pm FW-50 Cardio Body Pump April	6:10-7:15pm FC Cycle Erika	6-7pm FW-50 Step & Pump Patty	6-7:15pm FW-53 Healthy Backs Mimi		10:40-12pm FW-53 Yoga Basics Anna
7pm		7-8pm FC Extreme Abs & Circuit Mary Lea & Greg				

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! 75 minutes of leg/lung challenge on the cycle. Bring water! Held in Fitness Center.

Extreme Abs & Circuit ~ 30 minutes of killer abs followed by 30 minutes of high intensity cardio and strength training. Not recommended for beginners. Held in the Fitness Center.

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.

Step & Stretch ~ 30 min of step followed by 30 min total body stretch and relaxation.

Step & Pump ~ 30 minutes of step followed by 30 minutes of strength training with the use of hand weights, bands, tubes and other equipment.

Step & Core ~ 30 minutes of step followed by 30 minutes of abdominal and core strength training.

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. Combine breathing with movement to build strength and flexibility. Geared for all levels. Highly recommended for beginners.

Healthy Back ~ Relieve back pain. Relax and strengthen your back with gentle stretching and toning exercises to release core tension and promote spinal flexibility.

Three Ways to Register:

- Call 623-845-3333
- www.my.maricopa.edu
- Enrollment Center on Campus

www.gccaz.edu/fw



GLENDALE COMMUNITY COLLEGE

- Bring your GCC ID card to every class
- Arrive NO later than 10 minutes after start time of the class
- Stay for the entire class
- Questions? Call Ellen at 623.845.3794