

Senior Wellness

Phoenix College offers comprehensive fitness and wellness programs specifically designed for seniors. There is something available for all fitness levels!

Programs and services include:

- ◆ Senior friendly group exercise classes
- ◆ Cardiac Rehabilitation (Phase III)
- ◆ Health Seminars and Lecture Series
- ◆ Social Activities
- ◆ One-on-one assistance

We are partnered with the following:

- ◆ SilverSneakers® Fitness Program
- ◆ Silver and Fit
- ◆ Prime

Some seniors may qualify for a FREE membership based on their health insurance plan. To find out if you are eligible, or if you are a senior interested in a fitness routine in a safe, comfortable and mature environment, please contact:

Allen Jackson, Senior Coordinator
(602) 285-7225

We also offer Military and Senior discounts.

Reach Your Goals

At PC, we have certified instructors and top quality machines, close to your home or work. If you're new to exercise or looking to make changes in your current program, we are ready to help you reach your goals. All PC instructors are equipped with a minimum of Bachelor of Science Degrees. Instructors are always available to assist you with designing your exercise program, motivating you to reach your goals, or providing feedback in a mature and comfortable atmosphere.

We want you to be successful in doing something great for yourself!



Visit our Website at:

www.phoenixcollege.edu/fitnesscenter



The Maricopa Community Colleges are EEO/AA institutions



PHOENIX
COLLEGE

GO FAR, CLOSE TO HOME.

Achieve your goals!

- ◆ Fitness Center
- ◆ Group Exercise
- ◆ Activity Classes
- ◆ Health and Wellness Courses
- ◆ Senior Wellness

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1202 W Thomas Road
Phoenix, AZ 85013
Office: (602) 285-7295
Fitness Center: (602) 285-7296

Fitness Center

The Phoenix College Fitness Center is open to students and the community. Come experience state of the art equipment and outstanding instruction by degreed fitness professionals.

Whether you are new to exercise or looking to make changes in your current program, highly qualified instructors are always available to assist in helping you achieve your goals.

Services include:

- ◆ FREE Personalized exercise plans
- ◆ FREE Blood pressure checks
- ◆ FREE Body composition testing
- ◆ Comprehensive Group Exercise schedule

Spring/Fall Fitness Center Hours

Monday-Thursday	5:30 am-8:00 pm
Friday	5:30 am-1:00 pm 4:00 pm-7:00 pm
Saturday	7:00 am-12:00 pm
Sunday	Closed

For more information about Fitness courses call: (602) 285-7295 or visit our website at:

www.phoenixcollege.edu/fitnesscenter

Health and Wellness Courses

The Fitness and Wellness Department offers many classes to enhance your knowledge about various health and wellness topics including:

- ◆ Healthful Living
- ◆ Recreation: Leisure and the Quality of Life
- ◆ Alternative Medicine
- ◆ Aromatherapy
- ◆ Flower Essences
- ◆ Reflexology
- ◆ Herbal Remedies
- ◆ Homeopathy
- ◆ Massage: Reiki
- ◆ Meditation
- ◆ Self-Care



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Group Exercise

Our group exercise classes are designed to provide you with a safe, effective and fun workout!

Classes are offered at a variety of fitness levels and are spaced conveniently throughout the morning and evening.

Some of our classes include:

- ◆ High Intensity Intervals
- ◆ Body Sculpt
- ◆ Yoga
- ◆ Indoor Cycling
- ◆ Stretch

We keep our schedule online at:

www.phoenixcollege.edu/fitnesscenter

Activity Classes

Phoenix College offers a wide array of credit classes, allowing you to deepen your fitness and wellness experience with a dedicated class during a semester. (Activity classes require separate enrollment.)

Activities classes consist of the following categories:

- ◆ Boot Camp
- ◆ Core Fitness: Kickboxing and Pilates
- ◆ Dance
- ◆ Martial Arts
- ◆ Yoga