

Group Fitness

1/13/20~5/1/20

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time
7:00 7:50am	Cardiac Allen/Becca		Cardiac Allen/Cindy		Cardiac Allen	7:00 7:50am
8:00 8:50am	Core Fit Becca	Metabolic Muscle Mix Vincent	Low Impact Combo Cindy	Metabolic Muscle Mix Vincent	Morning Stretch Malinda	8:00 8:50am
9:00 9:50am	SilverSneakers® Yoga Becca	All Levels Strength Trng. Terry	SilverSneakers® Zumba Gold Cindy	All Levels Strength Trng. Vincent	Strength & Flexibility Malinda	9:00 9:50am
10:00 10:50am	SilverSneakers® CLASSIC Becca	Circuit Boot Camp Terry	SilverSneakers® CLASSIC Cindy	Circuit Boot Camp Vincent	SilverSneakers® CLASSIC Malinda	10:00 10:50am
11:00 11:50am	Yoga Malinda	Indoor Cycle Vincent	Yoga Malinda	Indoor Cycle Terry	Posture Pump Dixie	11:00 11:50am
5:00 5:50pm	Yoga Basics Cindy	Circuit Boot Camp Vincent	Yoga Basics Cindy	Indoor Cycle Sharmarie		5:00 5:50pm
6:00 6:50pm		Metabolic Muscle Mix Vincent		CORE, Foam & Stretch Sharmarie		6:00 6:50pm

NO Group Fitness classes on the following dates:

Monday, January 20

Monday, February 17

Mon.-Fri, March 9-13 (Spring Break)

*Classes subject to change or cancel
based on group attendance.*

www.phoenixcollege.edu/fitnesscenter

Fitness Center Hours:

Monday-Thursday 5:30am-8:00pm

Friday 5:30am-1:00pm, 4:00-7:00pm

Saturday 7:00am-12:00pm

Sunday CLOSED

CLASS DEFINITIONS

All Levels Strength Training: A sampler class focusing on: core strength; balance; optimal range of motion, coordinated breath and movement. All ages and abilities benefit!

Cardiac Fitness Class: Stretching, low impact cardio and chair exercises. (Cardiac nurse on staff at all times)

Circuit Boot Camp: Utilizing a variety of equipment students will move through "stations" performing different exercises for maximum calorie burn.

Core Fit: Focus on strengthening core muscles and improve endurance and posture; use weights, balls, bands, gliding discs and body weight as resistance; sculpt your body and burn calories.

CORE, Foam and Stretch: This class will combine Core strengthening moves and foam rolling and stretching activities for participants of all levels.

Indoor Cycle: A stationary cycle workout that is a maximum leg and lung challenge.

Low Impact Combo: This class focuses on range of motion exercises, strength, balance, and seated or standing cardio workout.

Metabolic Mix: A low impact, up-tempo class, combining resistance training, including various muscle groups to improve cardiovascular fitness, strength and endurance and fire up your metabolism for the rest of the day.

Morning Stretch: Gentle stretches with a warm-up routine followed by energy building breath work to increase balance and focus .

Posture Pump: Through a combination of stretching and strengthening exercises we will help to correct the most common postural distortions and regain proper alignment to alleviate abnormal wear and tear in the body.

SilverSneakers® CLASSIC: exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, balls and chairs are used.

SilverSneakers® Yoga: Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

Strength & Flexibility: focus on strength and flexibility; designed to increase bone strength, stability, prevent injury and achieve full range of motion in the joints

SPRING 2020



For more information, please contact:

Phoenix College

Fitness and Wellness Programs

602 285-7295

www.phoenixcollege.edu/fitnesscenter



Classes scheduled can change or cancel based on instructor/classroom availability and attendance.