

# SCC FITNESS CENTER

## Group Exercise Schedule

**FREE** to all SCC Fitness Center Members. Please visit our website for updates.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM		Pilates Heather		Pilates Heather		
7:30 AM	Yoga Ross		Yoga Ross			
8:00 AM						Yoga Michele (75 min class starts 6/1)
8:30 AM	Tai Chi - Easy Jake		Latin Dance Bridget	Gimme Strength Lee		Barbell Strength Lee
9:30 AM	Step Bridgette	Dance Fitness Libby	Barre Bridgette Spin Susan	Lo Impact Lee	The Mixx Lee	Bootcamp Eric South Gym
10:30 AM	Latin Dance Bridgette	Silver Sneakers Classic® Domni		Silver Sneakers Circuit® Lee	Silver Sneakers Classic® Lee	
11:30 AM		The ABC's Domni	Chair Yoga Nancy			
4:15 PM	SHiNE Dance Fitness Lisa	Tai Chi Jake	Upbeat Barre Domni	Tai Chi Jake		
5:30 PM		Yoga Nancy	Bootcamp Eric	Yoga (room 502) Dani Low Impact Cardio Domni		
6:30 PM				Strength & Stretch Domni		

### HOURS OF OPERATION

**Monday - Thursday**

6:00 AM to  
8:00 PM

**Friday**

6:00 AM to  
7:00 PM

**Saturday**

7:00 AM to  
3:00 PM

**Sunday**

10:00 AM to  
2:00 PM

### AMENITIES

- Full use of gym
- Lockers
- Showers

**480.423.6604 • [www.scottsdalecc.edu/fitness-center](http://www.scottsdalecc.edu/fitness-center)**



**SCOTTSDALE  
COMMUNITY COLLEGE**

A MARICOPA COMMUNITY COLLEGE

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## CLASS DESCRIPTIONS

### **Barbell Strength**

Get a total-body workout using barbells, weighted plates, dumbbells, and your own bodyweight as resistance. You will feel challenged and wanting to come back for more.

### **Barre**

Incorporate a fusion of Pilates, strength training, and ballet targeting specific muscle groups to help improve strength, balance, flexibility and posture.

### **Bootcamp**

Combine cardio, weight training, and calisthenics in a fun but hard workout for all fitness levels. HOO RAH!

### **Chair Yoga**

A form of yoga practiced using a chair to assist with pose alignment. All levels.

### **Dance Fitness**

Combine the technique of dance with the benefit of fitness. Enjoy movement as you stretch and align, followed by rhythmic step patterns.

### **Gimmie Strength**

Build functional strength using dumbbells, barbells, and other equipment, and finishing the class with an ab blaster session.

### **Latin Dance Cardio**

Get your heart pumping and your hips moving with instructor-led routines that features sequential Latin-inspired moves.

### **Lo Impact**

Follow basic movements that include 30 minutes of cardio, ending with basic strength training exercises, balance work, and flexibility.

### **Pilates**

Create a strong core and enhance flexibility and mobility by following the principles of mat-based Pilates. All levels.

### **SHiNE Dance Fitness**

Join our certified instructor for a high-energy, fun-filled dance workout experience!

### **SilverSneakers Circuit®**

Boost cardiovascular fitness, strength, agility, balance and flexibility by alternating non-impact cardio with upperbody strength work. All levels.

### **SilverSneakers Classic®**

Build mobility, strength, agility, and balance as well as improve daily functional skills in this chair-assisted class. All levels.

### **Spin**

Pedal to high energy music, controlling your own intensity to fit all fitness levels. Enhance cardio and strength while reducing stress.

### **Step**

Step up to improved overall fitness, building strength and boosting cardiovascular health. High-intensity cardio modified to your abilities.

### **Strength and Stretch**

Strengthen the total body, focusing on weight training, stretching, and working through full range of motion.

### **Tai Chi**

Reduce stress while building strength, agility, and balance using graceful Chinese sequences. Variety of classes, from basic to advanced.

### **The ABC's**

Arms, Balance, and Cardio: combine upper body strength with balance and cardio.

### **The MIXX**

Combine cardio and muscle exercises in one-minute intervals for a total body workout, ending with core exercise and recovery stretches.

### **Upbeat Barre**

Combine strength training, Pilates, cardio and yoga into a high-energy fusion class.

### **Yoga**

Learn correct yoga technique and build systemic strength & flexibility. All levels.

**ARTIE  
LOVES  
FITNESS!**



Scottsdale Community College Fitness Center  
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