

# SCC FITNESS AND WELLNESS CENTER



Participate in our  
group aerobic classes:

- YOGA      Tai Chi
- SPIN      STEP
- Bootcamp      CardioFit
- ZUMBA      Fitness 101
- Pilates



- ◆ Over 20 cardio machines:
  - ◆ Treadmills
  - ◆ Stairmasters
  - ◆ Ellipticals/Arc
  - ◆ Cybex and Paramount Upper and Lower body machines
- ◆ LARGE weight lifting area



Front Desk:

480.423.6604

- ◆ 3 line Indoor Track      **\*\*Membership options:** range from one day, 2 weeks, One Month, 4 Months or Year



We are located on the Northwest side of campus  
by the FOOTBALL FIELD/ TENNIS COURTS