

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
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® Amy		Silver Sneakers Circuit® Lee	Silver Sneakers Classic® Lee	
11:00 AM						
11:30 AM			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 Dani		

HOURS OF OPERATION

Monday - Thursday	Friday	Saturday	Sunday
6:00 AM to 8:00 PM	6:00 AM to 7:00 PM	7:00 AM to 3:00 PM	10:00 AM to 2:00 PM

AMENITIES

- Full use of gym
- Lockers
- Showers

480.423.6604 • 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.

Tai Chi

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

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
9000 East Chaparral Road, Scottsdale, AZ 85256-2626 • 480.423.6604
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