



FITNESS CENTER

Group Exercise Schedule

Available online at www.scottsdalecc.edu/fitness-center

Fall 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
AM							
7:15		Mat Pilates Lee		Mat Pilates Cookie			
7:30	Fitness Yoga Ross		Fitness Yoga Ross		Yoga Ross		
8:00						Fit Yoga Michele 75min	
8:30	Step Bridgette	Move Libby	Spin Art	Cardio Cond. Lee	Barre Shelley	Spin Art	MovetoMusic Libby
9:00	Inter/Advance Spin Susan		Inter/Advance Spin Susan				
9:30	Latin Dance Bridgette	Bones&Balance Shelley	Easy Tai Chi Jake	GimmieStrength Shelley	SilverSneakers Cardio® Lee	Cardio TBA	
10:30	Barre Bridgette	Flex & Stretch Shelley	SilverSneakers Classic® Lee	SilverSneakers Circuit® Shelley	Zumba Jennifer		
11:30	SilverSneakers Classic® Lee	Silver Sneakers Yoga® Shelley			Tai Chi Jake		
PM							
12:30	TaiChi Jake	GYoga Lisa #	Barre Shelley	Gentle Yoga# Lisa	TBC Shelley		
1:45							
3:00	Zumba Lisa		Zumba Lisa				
4:00		Tai Chi Jake		Tai Chi Jake			
5:00		3 C's Shirl		Muscle Focus Shirl			
5:30	20/20/10 Angelia	Fitness on Track Angelia	Step Angelia				
6:00		Gentle Yoga Carrie		Zumba Lisa			
6:30			TBC Louise				

#Room 502

SCHEDULE SUBJECT TO CHANGE



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