



# FITNESS CENTER

## Group Exercise Schedule

Available online at: [www.scottsdalecc.edu/student-life/fitness-center](http://www.scottsdalecc.edu/student-life/fitness-center)

### Fall 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--	--------	---------	-----------	----------	--------	----------

#### AM

7:00		<b>Mat Pilates</b> Amy Orcutt			<b>Pilates &amp; More</b> Jenn 45 min		
7:30	<b>Fitness Yoga</b> Ross			<b>Fitness Yoga</b> Ross			<b>Yoga</b> Ross
8:00							<b>Fit Yoga</b> Jean 75min
8:30	<b>Step</b> Amy Orcutt	<b>Move</b> Libby	<b>Spin</b> Art	<b>Cardio Cond.</b> Amy Orcutt	<b>Barre</b> Shelley	<b>Spin</b> Art	<b>MovetoMusic</b> Libby
9:00	<b>Inter/Advance Spin</b> Susan			<b>Inter/Advance Spin</b> Susan			
9:30	<b>Latin Dance</b> Bridgette	<b>Bones&amp;Balance</b> Shelley		<b>Easy Tai Chi</b> Jake	<b>GimmieStrength</b> Shelley		<b>SilverSneakers Cardio@Shelley</b>
10:30	<b>Barre</b> Amy Orcutt	<b>Flex &amp; Stretch</b> Shelley		<b>SilverSneakers Classic@Shelley</b>	<b>SilverSneakers Circuit@Shelley</b>		<b>Zumba</b> Jennifer
11:30	<b>SilverSneakers Classic@Shelly</b>	<b>Silver Sneakers Yoga@Shelley</b>					<b>Tai Chi</b> Jake
11:30	<b>PowerYoga</b> Jean#			<b>Power Yoga</b> Jean #			

#### PM

12:30	<b>TaiChi</b> Jake	<b>GYoga</b> Lisa #		<b>Gentle Yoga#</b> Lisa			
1:45	<b>Barre</b> Shelley			<b>Barre</b> Shelley			
3:00	<b>Zumba</b> Lisa			<b>Zumba</b> Lisa			
4:00		<b>Tai Chi</b> Jake			<b>Tai Chi</b> Jake		
5:00		<b>3 C's</b> Shirl			<b>Muscle Focus</b> Shirl		
5:20		<b>Gentle Yoga</b> Carrie# 100min					
5:30	<b>20/20/10</b> Angelia	<b>Fitness on Track</b> Angelia		<b>Step</b> Angelia			
6:00					<b>Zumba</b> Lisa	<b>Yoga#</b> Carrie	
6:30				<b>TBC</b> Louise			
7:00	<b>Yoga</b> ROSS# 100min						

#Room 502

SCHEDULE SUBJECT TO CHANGE