



FITNESS CENTER

Group Exercise Schedule

Available online at: www.scottsdalecc.edu/student-life/fitness-center

FALL 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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AM

7:30	Fitness Yoga Ross	Pilates Heather	Fitness Yoga Ross	Power Pilates Heather	Yoga Ross	
8:00						Fit Yoga Jean 75min
8:30	Combo Cardio Randi	MovetoMusic Libby	Low Impact Randi	Barre Shelley	MovetoMusic Libby	
9:30	Latin Dance Bridgette	Bones&Balance Shelley	Easy Tai Chi Jake	GimmieStrength Shelley	SilverSneakers Cardio® Amy	Step Angelia
10:30	Body Sculpt Randi	Flex & Stretch Shelley	SilverSneakers Classic® Randi	SilverSneakers Circuit® Amy	Zumba Jennifer	TBC Angelia
11:30	SilverSneakers Classic® Randi	Silver Sneakers Yoga® Amy			Tai Chi Jake	
11:30	PowerYoga Jean *		Power Yoga Jean *			

PM

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

Spin

8:30 am		Beginner Spin Art		Beginner Spin Art		
9:30 am	Inter/Advance Susan		Inter/Advance Susan			