

MCC Lifetime Fitness Group Activity Center

Spring 2012 Schedule

Southern and Dobson Campus

Mo	Tu	We	Th	Fr	Sa
7:00-7:50 am Cycling Cycle Room <i>L. Stea-Johnson</i>	7:00-7:50 am Yoga PE1W <i>S. Jarvie</i>	7:00-7:50 am Cycling Cycle Room <i>L. Stea- Johnson</i>	7:00-7:50 am Yoga PE1W <i>S. Jarvie</i>		
	8:00-8:50 am Gentle Yoga PE1W <i>S. Jarvie</i>		8:00-8:50 am Gentle Yoga PE1W <i>S. Jarvie</i>		
9:00-9:50 am Boot Camp WGym <i>J. Young</i>	9:00-9:50 am Zumba WGym <i>M. Martell</i>	9:00-9:50 am Boot Camp WGym <i>J. Young</i>	9:00-9:50 am Zumba WGym <i>M. Martell</i>		9:00-10:15 am* Zumba WGym <i>M. Colón</i>
10:00-10:50 am Kick'n Box Circuit WGym <i>P. Barker</i>	10:30-11:20 am Pilates Matwork WGym <i>L. Allen</i>	10:00-10:50 am Kick'n Box Circuit WGym <i>P. Barker</i>	10:30-11:20 am Pilates Matwork WGym <i>L. Allen</i>	10:00-10:50 am Yoga PE1W <i>T. Rangel</i>	<p>Saturday Zumba begins 1/21/12</p>
11:00-11:50 am Body Sculpting WGym <i>P. Barker</i>		11:00-11:50 am Body Sculpting WGym <i>P. Barker</i>			
12:00-12:50 pm Cycling Cycle Room <i>H. Mulvaney</i>		12:00-12:50 pm Cycling Cycle Room <i>H. Mulvaney</i>			
1:00-1:50 pm Stretch and Relaxation WGym <i>K. Battaglini</i>	1:30-2:20 pm Body Sculpting WGym <i>L. Stea-Johnson</i>	1:00-1:50 pm Stretch and Relaxation WGym <i>K. Battaglini</i>	1:30-2:20 pm Body Sculpting WGym <i>L. Stea-Johnson</i>		
		4:00-4:50 pm Yoga PE1W <i>G. Herndon</i>		4:00-4:50 pm Yoga PE1W <i>G. Herndon</i>	
6:00-6:50 pm Zumba WGym <i>T. Suzuki</i>	6:00-6:50 pm Cycling Cycle Room <i>D. Hendricks</i>	6:00-6:50 pm Zumba WGym <i>T. Suzuki</i>	6:00-6:50 pm Cycling Cycle Room <i>D. Hendricks</i>		
	7:10-8:00 pm Boot Camp WGym <i>D. Hendricks</i>		7:10-8:00 pm Boot Camp WGym <i>D. Hendricks</i>		

No classes are offered on Sunday.

*Denotes a 75-minute class

Schedule is subject to change.

CLASS DESCRIPTIONS

BODY SCULPTING: This class will incorporate the use of hand weights, resistance bands and floor exercises in controlled movements to develop muscle endurance and strength. The focus is on toning and defining the body.

BOOT CAMP: Condition your body through cardio, endurance, speed, and resistance work that is energizing, fun and a perfect way to get into shape.

CYCLING: Challenge your cardiovascular endurance as you ride through a simulated mixed-terrain workout or cycle drills for maximum calorie burn. Instructors focus on proper technique and encourage students to work at their own pace.

GENTLE YOGA: A unique combination of postures with an emphasis on increasing flexibility, letting go, mindful breathing, and relaxation. This class is a wonderful supplement to an existing fitness regimen or yoga practice.

KICK 'N BOX CIRCUIT: This class will Knock You Out! Experience this challenging workout that combines segments of cardiovascular strength and muscle conditioning. Jab, cross, and kick your way to fitness.

PILATES MATWORK: A core fitness class incorporating back and abdominal muscles applying matwork by Joseph Pilates.

STRETCH & RELAXATION: In a mainly mat based style, this class will focus on gentle techniques of deep stretching utilizing relaxation and breath.

YOGA: Traditional Hatha yoga postures and movement flows designed to stimulate, calm and energize, build stamina, increase concentration, stretch the body and soothe the mind. Breathing, relaxation and visualization techniques are included.

ZUMBA: This class merges the energy of Latin dancing (Salsa, Merengue, Cumbia, Reggaeton) and the principles of fitness-interval-resistance training. Get ready to Zumba!



The Maricopa Community College District is an EEO/AA institution

Last day to workout for credit is Saturday, May 5, 2012.

SPRING 2012 PED115 REGISTRATION-2 Credit:

(Includes: Fitness Center, Group Activity Center, and HIC)

Letter Grade 29149 or Late Start - 29155*

Pass/No Credit 29150 or Late Start - 29156*

***Late start 8-week begins March 17, 2012.**

SPRING 2012 PED101FL REGISTRATION-1 Credit

(Includes: Fitness Center and Group Activity Center Schedule

Letter Grade 29227 or Late Start - 29250*

Pass/No Credit 29228 or Late Start - 29251*

Students Please Note:

- **Students enrolled in PED115 or PED120AF (2-Credit) may use the Fitness Center, Group Activity Center schedule, and Health Improvement Center to accumulate hours at the Southern and Dobson and the Red Mountain campus.**
- **Students enrolled in PED101FL (1-Credit) may use the Fitness Center and Group Activity Center schedule to accumulate hours at the Southern and Dobson campus.**

All new Lifetime Fitness students please call 480-461-7578, 480-461-7555, or 480-461-7556 to attend an orientation before your first workout.