

Mesa Community College - Group Activity Classes (GAC)

Spring 2019 Schedule

Exercise Science Department

Southern & Dobson Campus

Revised 1/24/19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00am – 10:50am (50-minutes) Kick'n Box Circuit WGym w/ D. Hendricks</p> <p>4:00pm -5:00pm (60-minutes) Yoga PE1W w/ M. Page</p> <p>7:10pm – 8:50pm (100-minutes) Yoga -Hatha PE1W w/ M. Page</p> <p>7:10pm -8:10pm (60-minutes) Pilates Matwork West Gym w/ R. Wright</p>	<p>8:00am – 8:50am (50-minutes) Yoga - Gentle PE1W w/S. Jarvie</p>	<p>10:00am – 10:50am (50-minutes) Kick'n Box Circuit WGym w/ D. Hendricks</p> <p>4:00pm -5:00pm (60-minutes) Yoga PE1W w/ M. Page</p> <p>7:10pm -8:10pm (60-minutes) Pilates Matwork West Gym w/ R. Wright</p>	<p>8:00am – 8:50am (50-minutes) Yoga - Gentle PE1W w/S. Jarvie</p>	<p>No Classes on Fridays</p>	<p>10:00am -11:50am (110-minutes) Yoga Dance Rm w/ R. Wright</p>

Schedule subject to change.

Mesa Community College - Group Activity Classes (GAC)

Spring 2019 Schedule

Exercise Science Department

Red Mountain Campus

Monday	Tuesday	Wednesday	Thursday
	4:30pm – 5:20pm (50-minutes) Yoga w/ S. Jarvie		4:30pm – 5:20pm (50-minutes) Yoga w/ S. Jarvie

Classes are held in RDM161 inside the fitness center. Schedule subject to change.

CLASS DESCRIPTIONS:

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.

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.

YOGA - GENTLE: 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.

YOGA - HATHA: This yoga class focuses primarily on work in the physical body through breathing and postures.

Last day for credit is Saturday, May 4, 2019.

Dobson & Southern Campus Registration – Spring 2019

PED115 -2 Credit:

(Includes: Fitness Center, GAC Schedule, and HIC)

Start date – 1/12/19 30969
 Start date – 1/26/19 30970
 Start date – 3/18/19 30974

PED101FL -1 Credit

(Includes: Fitness Center and GAC Schedule)

Start date – 1/12/19 30999
 Start date – 1/26/19 31000
 Start date – 3/18/19 31009

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

Red Mountain Campus Registration – Spring 2019

PED115 - 2 Credit:

Start Date – 1/12/19 30971
 Start date – 1/26/19 30972
 Start date – 3/18/19 30973

All new PED115 students please call 480-654-7726 to schedule an orientation or stop by the fitness center before your first workout.



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