



PED115: Lifetime Fitness

Fall 2013 August 26th-December 4th

Fitness Center Hours:

M-F 8am-2pm
M-Th 5pm-7pm
(480)732-7200

To Enroll:

PED115: Lifetime Fitness (2 Credits)
Fall 2013 #22983
my.maricopa.edu or 480-732-7320

Group Fitness	Monday	Tuesday	Wednesday	Thursday
7am-8am	Boot Camp	Pilates	Boot Camp	Pilates
8:25am-9:25am	Yoga		Yoga	
11:15am-12:15pm	Stretch & Relaxation	Pilates	Stretch & Relaxation	Pilates
12:40pm-1:40pm	Zumba	Yoga	Zumba	Yoga
2:05pm-3:05pm		Zumba		Zumba
4:20pm-5:20pm	Yoga		Yoga	
5:45pm-6:45pm	Restorative Yoga	Zumba	Restorative Yoga	Zumba

Group fitness classes are held in AGA165. Schedule and hours are subject to change.

All PED115 students must attend an orientation on August 26th
See Canvas or the Fitness Center Website for the Orientation schedule.

Class Descriptions

Boot Camp: (PED101BC) Condition your body in a fun and energizing way using cardio, endurance, speed, and resistance training.

Pilates: (PED101PS) A core fitness class incorporating back and abdominal muscles.

Restorative Yoga: (PED101YR) Gentle form of Yoga focuses on relaxation and involves non-rigorous physical activity, providing rest and recovery and promoting the restoration of tranquility; suitable for all levels.

Stretch and Relax: (PED101SR) A mat-based stretching class with guided meditation. Stretching increases flexibility and relieves stress, promoting an overall sense of wellbeing.

Yoga: (PED101YO) Learn traditional yoga poses and movements to stimulate, calm, energize, increase concentration, stretch the body and soothe the mind using relaxation, breathing, and visualization techniques.

Zumba: (PED101ZU) High energy, easy to follow rhythmic moves set to energizing Latin and international using principles of fitness interval training... Zumba!

PED115 students will have limited spaces to “drop in” the group fitness classes. To ensure a spot in the class you may enroll in the class through my.maricopa.edu

