North Fitness Center
Fall 2015 Registration Information

Credit Courses

Students must begin exercising in the Fitness Center before the ‘Must Show’ date to avoid being withdrawn from class.

1 Credit - Full Semester - Must Show by 9/1/15

PED101PC 43865 (T/R) 9:00-9:50a $94 8/25 - 12/15
PED101PC 43866 (T/R) 10:00-10:50a $94 8/25 - 12/15
PED101PC 43889 (M/TV) 12:00-12:50p $94 8/24 - 12/14

Long Term Non-Credit

Fitness 500 43783 $240 8/22/15 - 8/21/16
Family Fitness
Fitness 500 43784* $360 8/22/15 - 8/21/16
High School (ages 13-17) & Seniors (ages 60+)
Fitness 500 43787 $180 8/22/15 - 8/21/16

Short Term Non-Credit

Fitness 500 43777 $85 8/22/15 - 1/4/16
Fitness 500 43789 $65 10/1/15 - 1/4/16
Fitness 500 43787 $65 11/1/15 - 1/4/16
Fitness 500 43781 $30 One Month I
Fitness 500 43782 $30 One Month II
Fitness 500 43788 $30 One Month III
Fitness 500 43780* $15 Four Visits

Discount Non-Credit

High School (ages 13-17) & Seniors (ages 60+)
Fitness 500 43779 $60 8/22/15 - 1/4/16
Continuing FC Student & GCC Alumni
Fitness 500 19210* $75 8/22/15 - 1/4/16
Fitness & Wellness Student
Fitness 500 19214** $75 8/22/15 - 12/18/15
Corporate Employee
Fitness 500 19205* $80 8/22/15 - 1/4/16
Veterans
Fitness 500 44020* $50 8/22/15 - 12/31/15
GCC Athletes/Dance Performers
Fitness 500 19219* $30 8/22/15 - 12/18/15
GCC Fire/Paramedic/Nursing Students
Fitness 500 43791** $30 8/22/15 - 12/18/15
MCCCD Employees
Fitness 500 (All Employees) 19207* $25 8/22/15 - 1/15/16
Fitness 500 (Bd Apprv only) 19215* $75 8/22/15 - 8/21/16
Personal Training/Nutritional Consulting
Fitness 500 43785 $30 One Session (1 hr.)
Fitness 500 43786 $150 Six Sessions (6 hrs.)

Yoga Evolved
(Includes access to the Fitness Center)

Fitness 500 (Main Fitness Center) 19227 $99 8/22/15 - 12/20/15

* FC Manager signature required
** Must be registered in one course(s) to qualify: PED/EXS/RECAWEL/FSC134,136/EMT 272/Nursing Block. FC Manager signature required.
A Must be used within the semester purchased.

Like us on Facebook:
www.facebook.com/gccazfitnesscenter

North Fitness Center Fall 2015 Hours
Monday & Wednesday 5:00a - 12:00p, 3:00p - 8:00p
Tuesday & Thursday 5:00a - 9:00a, 3:00p - 8:00p
Friday 5:00a - 12:00p, 4:00p - 7:00p
Saturday 8:00a - 12:00p
Sunday Closed

Registration and Procedures

- Enroll in a Fitness Center section
  - On campus at the Enrollment Center
  - By phone: Main & North 623.845.3333
  - On the internet: www.gccaz.edu
- Obtain a student ID card at the Enrollment Center
- A Medical Release Form may be required prior to exercising in the Fitness Center.
- Credit students must participate in class by the ‘Must Show Date’ to avoid being withdrawn from class. Refer to the class syllabus for your specific section and date.

Fitness Center Services

- Personal Training
  $30 per session or $150 for a six session package.
  There is always a Fitness Center Instructor available for questions and guidance during your workout.
  For more information call the Fitness Centers.

- GCC Main & North Fitness Centers
  Our students/members are welcome to exercise at both facilities during current hours of operation. Please bring your GCC ID card to access the Centers.

- Fitness Center Specialty Classes
  A variety of formats including Cycle, Yoga, Total Body Conditioning and more! Enjoy the classes as part of the Fitness Center for free. Ask for a schedule at the desk.

- Exercise Incentive Program
  Complete 100 hours in a semester and receive a FREE Fitness Center T-Shirt for your hard work.

- Be Our Guests
  Guests are welcome to try out the Fitness Center:
  4 visits for $15. Guests must register at the Enrollment Center, pay at the Cashier’s Office and complete a Health History form prior to working out. Bring your family and friends! Must be 13 years or older.

Glendale Community College
www.gccaz.edu/fw/
Main Fitness Center
6000 West Olive Avenue
Glendale, AZ 85302
Phone: 623.845.3800
Fax: 623.845.3421

North Fitness Center
5727 West Happy Valley Road
Phoenix, AZ 85310
Phone: 623.845.4030
Fax: 623.845.4032

Visit us online: www.gccaz.edu/fw

GCC is a Maricopa Community College, EEO/AA institution