



Group Fitness

We offer group fitness classes to keep workouts fresh.

Classes include:

- Yoga
- Tai Chi
- Pilates
- Aerobics
- Water Aerobics (seasonal)
- Physioball
- Golf
- Cardio kick boxing
- Zumba fitness
- Chi gong
- Ballroom Dance
- Mixed Martial Arts
- Golf
- Hiking
- Tennis

Senior Scholarships

Beginning Fall 2011 Semester:

Age 60 and over 75% waiver

Everything you need,
all in one place...

- Cardio Equipment
- Weight Lifting
- Group Fitness Classes
- Stretching & Flexibility

Hours of Operation:

Mon-Fri 5am-7pm

Saturday Noon-5pm

Call Today!

Call 425-8481 to enroll

Call 425-0510 to schedule an appointment to get started.

Tuition is only \$211.25 per semester for six credits! That's 18 weeks at the Wellness Center and another 4 credits to use as you please!

Located at: 453 E Maple, Globe AZ

Visit us on the web at:

www.gilacc.org

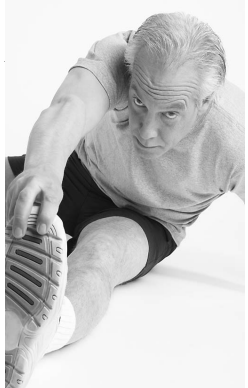
COMMUNITY COLLEGE
email: swilliams@gilacc.org

These people are
smiling and you
could be too!



*Discover the health
secret over 600
people in Globe/
Miami already
know.*

The secret to abundant health is simple...



Stretch for good health!

Join the wellness center and experience the joy of benefits you'll receive from exercising.

- Increased energy
- Improved strength
- Improved outlook
- Increased flexibility
- Less stiffness
- Reduced risk and control of heart disease, high cholesterol, and diabetes.

Cardio workouts help your lungs and heart

Moving your body just 20 minutes a day 3 times a week improves circulation making it easier for your heart to pump and improving blood pressure. It also expands your lung capacity and reduces bad cholesterol.

Weight Training builds bone + improves strength and muscle tone

The wellness center has a complete Universal circuit and free weight room. Our friendly staff



Cardio equipment keeps your heart and lungs healthy.



Weight training prevents osteoporosis in women

will set you up on a weight lifting program designed to fit your fitness needs. If you suffer from diabetes, weight lifting is great for improving your blood sugar level. Try out the Wellness Center before you commit by calling us and setting an appointment.

Enroll now!

Call 425-8481 to enroll

Call 425-0510 to schedule an appointment with our staff to get started.