

# ENRICHMENT PROGRAMS

---

## Continuing Education and Workforce Development

Chandler-Gilbert Community College offers life-long learning opportunities through non-credit courses. The Continuing Education Department offers courses designed to enhance personal and professional development through classroom instruction as well as online learning.

Workforce development at CGCC brings together employers, employees and education. Instruction is either at the company, at the college, or online. Students can enroll in CTE programs or take courses to learn skills needed by current or future employers.

To continue learning with flexible courses year-round, call 480#857-5500.

## Fitness, Wellness and Recreation

CGCC offers a variety of fitness, wellness, and recreation opportunities on the Pecos and Williams Campus.

### Fitness Center

The Pecos Fitness Center features state-of-the-art cardiovascular training equipment, Life Fitness and Cybex weight training machines, and a complete free-weight area with Olympic style platforms and bumper plates. The Fitness Center is equipped with TRX trainers, plyometric boxes, medicine balls, stability balls, bands and hurdles for complete performance training. Whether you are an elite athlete or a week-end warrior we have all of the equipment that you need.

All members of the Pecos Fitness Center are offered personalized instruction, a complete fitness assessment, and body composition analysis from our degreed and certified instructors. Fitness Center members also have access to amenities such as locker rooms and shower facilities.

To use the Fitness Center, all students must be enrolled in a credit (PED115) or non-credit (Fitness 600-100) Lifetime Fitness course. PED115 students also have access to Group Fitness Courses. Additional information is available by calling the Pecos Campus Fitness Center at 480#732#7200.

### Group Fitness Classes

Chandler-Gilbert also has a wide variety of group fitness classes open to students. All Group Fitness classes are 1-credit classes and have the PED101 prefix. Students may choose from Boot Camp Fitness, Zumba, Pilates, Yoga, Restorative Yoga, Stretch and Relaxation, Tai Chi, Karate and other classes.

To see a complete list of group fitness classes being offered this semester, please see the current schedule of classes.

Students, faculty, staff, and community members interested in using the Fitness Center or taking a group fitness class can contact the Pecos Campus Fitness Center at 480#732#7200 for more information.