

# FAW Group Fitness Classes

## Fall 2025 Schedule FAW 100F1 & FAW 100F2

14-week  
classes  
Sept. 4  
through  
Dec. 14

### How it works

- **FAW 100F1 (CRN 11579):** access **two hours** per week of classes listed
- **FAW 100F2 (CRN 11580):** access **four hours** per week of classes listed

*Example:* Enrolling in FAW100F1 allows you to attend two yoga classes in a week with the same or different instructor(s), or attend Zumba and Yoga one week, and Body Conditioning and Strength & Mobility another week.

DAYS	TIMES	LOCATION	CLASS	INSTRUCTOR
M/W	11:15 a.m.-12:15 p.m.	West Campus FSSC 102 or Virtual	Yoga	Barton
M/W	5:15-6:15 p.m.	West Campus FSSC 102 or Virtual	Zumba	Hobson
Tu/Th	8:30-9:30 a.m.	West Campus FSSC 102 or Virtual	Body Conditioning	Montano
Tu/Th	9:45-10:45 a.m.	West Campus FSSC 102 or Virtual	Cardio & Strength	Montano
Tu/Th	5:15-6:15 p.m.	West Campus FSSC 102 or Virtual	Strength & Mobility	Pro
W	6-7 p.m.	Clements Center	World Rhythms Dance	Grewe

520.206.4500 | [pima.edu](http://pima.edu) | [f](#) [@](#) [x](#) [v](#)

Pima Community College is an equal opportunity, affirmative action employer and educational institution committed to excellence through diversity. Upon request, reasonable accommodations will be made for individuals with disabilities to support access to all programs and services. Every effort will be made to provide reasonable accommodations in a timely manner. For student, public and employee accommodation requests and for information related to the ADA compliance process, please contact ADAhelp@pima.edu, 520-206-6688, or West Campus Room C130, 2202 W. Anklam Road, Tucson, AZ 85709-0095.

The Pima County Community College District is governed by a five-member board representing county electoral districts. Members are elected to serve a six-year term. To learn more, go to [pima.edu/governing-board](http://pima.edu/governing-board).



**PimaCommunityCollege**