

# Pima Fitness & Wellness

## Healthy Body, Healthy Mind

**Keep Moving, Keep Striving**

The fitness classes  
you want, how,  
when and where  
you want them

### Access to Fitness Centers

- West Campus and Desert Vista Campus
- self-paced, open labs

**FAW110F1 Weight Training/Cardiovascular  
Fitness Level I** (1 credit)

**FAW110F2 Weight Training/Cardiovascular  
Fitness Level II** (2 credits)

Email [jkordich@pima.edu](mailto:jkordich@pima.edu) with  
questions about these courses.



See [pima.edu/schedule](https://pima.edu/schedule)  
for the latest class details.

### Access to Group Fitness Classes

- Yoga | Zumba | Pilates | Strength and Flexibility | Kickboxing
- in-person and virtual options

**FAW100F1 Group Fitness Access I  
(access to 2 hours/week)** (1 credit)

**FAW100F2 Group Fitness Access 2  
(access to 4 hours/week)** (2 credits)

Email [ngamboian@pima.edu](mailto:ngamboian@pima.edu) with  
questions about these courses.

520.206.4500 | [pima.edu](https://pima.edu) |    

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.

**Governing Board**  
Catherine Ripley, *District 1*  
Demion Clinco, *District 2*  
Maria D. Garcia, *District 3*  
Meredith Hay, Ph.D., *District 4*  
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**Chancellor** Lee D. Lambert, J.D.



**PimaCommunityCollege**

**Keep striving.**