

JULY POA GROUP FITNESS SCHEDULE (Summer Schedule)

No Classes July 4th

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7-8 AM		HIIT-FIT		HIIT-FIT	MAT PILATES FITNESS		
8-9 AM	HATHA YOGA	FIT & STRONG	HATHA YOGA	FIT & STRONG	GENTLE YOGA STRETCH	GENTLE YOGA STRETCH	
9-10 AM	TOTAL BODY WORK-OUT	ZUMBA	TOTAL BODY WORK-OUT	STEP & STRENGTH	ZUMBA	GENTLE YOGA 9:15 Saturday	
10-11 AM	MAT PILATES FITNESS	BODY BLAST	MAT PILATES FITNESS	BODY BLAST			
11-12	VINYASA YOGA 11:15 Monday	CLASSIC FITNESS	VINYASA YOGA 11:15 Wednesday	CLASSIC FITNESS			
12-1 PM	SENIOR STRENGTH & BALANCE	SILVER SNEAKERS	SENIOR STRENGTH & BALANCE	SILVER SNEAKERS			
1-2 PM							
2- 3 PM							
3-4 PM	BODY BLAST	KARATE 3:00 - 5:00	SPORTS CONDITIONING	KARATE 3:00 - 5:00	KARATE 3:00 - 5:00		
4-5 PM	KARATE						
5-6 PM	STEP & STRENGTH		STEP & STRENGTH				

\$4 Drop-In Fee Or Use Your 10 or 20 Punch Card Available for Purchase at Anza Reception

FACILITY HOURS:
6 AM-6PM DAILY

POOL HOURS:

CHILDREN - 11 AM-1 PM & 4-6 PM DAILY

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Cheri Sipe, Fitness Supervisor

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Schedule Subject to Change - Check at Anza Reception or <https://quailcreekhoa.org/web/quail-creek-hoa/fitness-classes>

BODY BLAST M 3PM T,TH 10AM	Lorraine Beaver	Work all muscle groups using high volume reps & low resistance with dumbbell weights - a great workout geared to improving muscle tone & definition and cardio vascular fitness. Class Limit 24
CLASSIC FITNESS T, TH 11AM	Lois Bossert	Low impact aerobics set to music, with 20 minutes of muscle toning using hand weights and/or stretch resistance bands, followed by stretch and relaxation. Chairs can be used if desired. Class Limit 24
FIT & STRONG TU, TH 8AM	Mari Palenzuelos	This class is ideal for beginners and those who are just beginning to think about getting in shape. Increase strength, agility, balance, coordination and range of motion. We use hand weights, resistance bands and balls. Chairs can be used to assist with balance. Class Limit 24
GENTLE YOGA SA - 9:15 AM	Gail Johnson	Experience a slower paced Hatha Yoga practice, which is not intense or strenuous on the body and is appropriate for men and women. The session is followed by a guided deep relaxation. Class Limit 24
GENTLE YOGA STRETCH F, SA - 8:00	Mark Mandel	Experience a slower paced, disciplined & comfortable effort of Yoga and stretching. This Yoga session is 55 minutes and is appropriate for both men and women. Class Limit 24
HATHA YOGA M, W 8AM	Todd Combs	Hatha Yoga is a simpler Yoga practice with more static postures to unite and balance the body and mind. Our focus will be core, balance and stretching to leave you invigorated. Class Limit 24
HIIT-FIT T, TH 7AM	Laura McMurtry	High Intensity Interval Training: 35-45 minute class focusing on a full range of activities that will tone and provide a great cardio workout. Class Limit 18
KARATE M 4PM T, TH, F 3PM	Stan Herum	Gain physical, psychological and emotional benefits, including breathing, power, stretching and self defense in progressive classes. Class is taught by Black Belt Sensei, Stan Herum. THURSDAY SESSIONS ARE FOR ADVANCED STUDENTS ONLY. Class Limit 24
MAT PILATES FITNESS M, W 10AM, F, 7AM	Carla Espinosa	Pilates is a strenthening and lengthening form of exercise that focuses on the core muscles while training your arms and legs. The exercises are a mind and body work-out that will improve your stability. Bands, exercise balls, sliders and small weights may be used to level-up your Pilates experience. Class Limit 24
SENIOR STRENGTH & BALANCE M, W 12PM	Todd Combs	Target audience is adults 60+ concerned about falling or those who may have fallen in the past and have restricted their activities due to concerns about falling. Improve strength, coordination & balance. Class Limit 24
SILVER SNEAKERS T, TH 12PM	Lois Bossert	A variety of exercises, using hand weights & resistance bands, designed to increase muscular strength, range of movement, & activity for daily living skills. A chair is used for seated and/or standing support. Class Limit 24
SPORTS CONDITIONING W 1PM	Lorraine Beaver	Transform and challenge your muscles with STRETCH - FLEX - ABS - BALANCE. See an improvement in your golf, pickleball, tennis and softball abilities. Bring a yoga mat and water. Class Limit 24
STEP & STRENGTH W 5PM TH 9AM	M, Lisa DeFalco	This dynamic class blends step aerobics with targeted strength training and low-impact cardio using a step platform. The session then transitions to strength exercises using body weight, resistance bands or light hand weights. A vigorous workout with 20-30 minutes of sustained cardio. Class Limit 24
TOTAL BODY WORK-OUT M, W 9AM	Lois Bossert	A total body work-out for all set to invigorating music. This class uses hand weights and resistance bands, along with low impact aerobic movements for full body toning.Bring a yoga mat & water! Class Limit 24
VINYASA YOGA M, W 11:15	Mari Palenzuelos	Vinyasa Flow Yoga is a more fast-paced Yoga that focuses on linking poses together in a fluid, smooth way. Settle into therapeutic poses that encourages meditative movement and breathing techniques to release tension and quiet the mind. All levels welcome! Bring a mat & water. Class Limit 24
ZUMBA T, F 9AM	Mae Weravetz	Zumba is a FUN interval dance workout to high energy Latin and contemporary rhythms to tone, enhance and increase muscle endurance. Get your heart rate up and boost cardio endurance to easy to follow dance moves. All fitness levels welcome! Class Limit 24