

ANZA DECEMBER POA GROUP FITNESS SCHEDULE

					ACACIA ROOM	CHOLLA ROOM
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00					MAT PILATES FITNESS	FITNESS INTERVAL
7:00						
8:00	HATHA YOGA	BANDS & CORE	HATHA YOGA	STEP & CORE	GENTLE YOGA	GENTLE YOGA
8:00	BOOT CAMP	FIT & STRONG		FIT & STRONG		
9:00	TOTAL BODY WORKOUT	ZUMBA	TOTAL BODY WORKOUT	GOLF STRETCH /MOBILITY By Reservation	ZUMBA	
9:00	SENIOR BALANCE	TRX 45 By Reservation	SENIOR BALANCE	TRX 45 By Reservation		
10:00	MAT PILATES FITNESS	BODY BLAST	MAT PILATES FITNESS	BODY BLAST		
10:15	TRX HYBRID By Reservation		TRX HYBRID By Reservation			
11:00	VINYASA YOGA		VINYASA YOGA			
11:00		CLASSIC FITNESS		CLASSIC FITNESS		
NOON						
NOON		SILVER SNEAKERS		SILVER SNEAKERS		
1:00						
1:00						
2:00	BEGINNER TAI CHI By Reservation	BEGINNER KARATE	BEGINNER TAI CHI By Reservation	BEGINNER KARATE		
2:00				PICKLEBALL STRETCH /MOBILITY By Reservation		
2:00		AQUA FITNESS		AQUA FITNESS	HELD IN ANZA RECREATIONAL POOL	
3:00	BODY BLAST		SPORTS CONDITIONING	GOLF STRETCH /MOBILITY By Reservation		
3:00		KARATE		KARATE	KARATE	
3:30		HIIT				
4:00	KARATE					

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

Facility Hours: 6AM-6PM Daily . 1490 N. Quail Range Loop Bldg. 4 . Phone: 520.393.5819

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