



# Fit Center News



CANYON  
CLUB

SUMMER 2026

## Stay Cool, Stay Active: Summer Fitness Tips

Focus on safe exercise during the Arizona heat. Include tips like early morning or evening workouts, proper hydration, recognizing signs of overheating, and making use of indoor spaces like the fitness centers or pools.

## 1 Hydration & Nutrition for Active Living

Proper hydration is essential during the summer months, especially in the desert climate. Aim to drink water consistently throughout the day, not just during exercise. Adding hydrating foods like fruit, vegetables, and light proteins can also support energy and recovery. Simple choices like fresh salads, yogurt, lean proteins, and electrolyte-rich beverages can make a big difference in how you feel before and after activity. The Bistro continues to offer refreshing options designed with active living in mind.



### Hydrating Summer Yogurt Fruit Parfait

A simple, refreshing snack that helps support hydration while providing protein, natural sugars, and electrolytes, perfect for warm summer days.

#### Ingredients (1 serving)

- 1 cup plain Greek yogurt (or low-fat yogurt of choice)
- 1/2 cup watermelon, diced
- 1/2 cup strawberries, sliced
- 1/4 cup cucumber, finely chopped (adds extra hydration and crunch)
- 1 tablespoon chia seeds
- 1 teaspoon honey (optional)
- A few mint leaves (optional, for freshness)

#### Instructions

1. In a glass or bowl, add a layer of yogurt as the base.
2. Top with watermelon, strawberries, and cucumber.
3. Sprinkle chia seeds over the top.
4. Drizzle with honey if desired.
5. Garnish with fresh mint leaves.
6. Chill for 10–15 minutes before serving for extra refreshment.

## 2 Balance, Strength & Fall Prevention

Maintaining strength and balance becomes increasingly important as we age, helping support independence and reduce the risk of falls. Exercises that focus on lower-body strength, core stability, and coordination can make a significant difference in daily life. Classes that incorporate balance training, light resistance work, and functional movement are especially beneficial. Consistency is key—even small improvements in strength and stability can have a lasting impact on confidence and mobility.

**Senior Balance Chair Assisted Class** is designed for individuals with limited mobility or those who have experienced falls and may feel hesitant to remain as active due to concerns about balance. This supportive, chair-based class focuses on improving strength, coordination, and balance in a safe and controlled environment. Participants will build confidence through guided movements tailored to individual ability levels. Classes are offered three times per week on Mondays and Wednesdays at 9:00 AM, and Fridays at 11:00 AM.

**TRX Hybrid Class** is ideal for participants seeking a more challenging and dynamic workout. This class utilizes suspension straps to leverage body weight, helping to develop core strength, stability, and overall functional fitness. The “hybrid” format also incorporates additional equipment to target total-body strength, endurance, and conditioning. Participants are encouraged to bring a mat. Classes are held on Mondays and Wednesdays at 10:15 AM.

## 3 Fitness Challenge

This challenge is all about consistency and exploration:

- Try 3 different group fitness classes
- Walk the fitness path at least 8 times
- Complete 2 strength training sessions per week

The goal is to mix up your routine and discover new ways to stay active. Small, achievable goals can lead to big results over time. Join in, challenge yourself, and most importantly—have fun staying active!



Exercise is a celebration of what your body can do today, and a commitment to what it will be able to do tomorrow.

## 5 Anza Grand Reopening Celebration



In March we celebrated the Anza renovation with our lively open house event, “Let’s Get Physical: Groove into the New Anza.” The event highlighted the new Acacia Room, featuring a maple wood floated gym floor designed to provide cushioning and shock absorption, helping reduce joint impact and supporting a wide range of group fitness classes.

We also showcased our expanded group fitness program with 15 demo classes held across the Acacia Room, Cholla Room, Event Lawn, and pool area. With over 350 reservations and nearly 200 residents attending, each participating in up to three classes, the energy was incredible. Offerings included Tai Chi, yoga, Sit & Fit chair classes, TRX, HIIT, and Zumba Tone.



The Bistro added to the celebration with house-made protein bites, granola bars, a protein-enriched charcuterie board, and refreshing hydrating mocktails. More than a dozen instructors brought enthusiasm and expertise throughout the event.

The 70s disco theme brought extra fun, with residents and staff dressing the part, and a “Fitness Passport” challenge encouraged participation leading up to the event. Completed passports were entered into a drawing for fitness prize baskets.

This was a fantastic celebration, and we look forward to introducing new spin/cycling and barbell strength training classes later this summer—stay tuned!

