

ANZA FEBRUARY POA GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CHOLLA ROOM
7:00					MAT PILATES FITNESS	FITNESS INTERVAL
7:00						
8:00	HATHA YOGA	BANDS & CORE	HATHA YOGA	STEP & CORE	SOFT FLOW YOGA	YOGA STRETCH
8:00	BOOT CAMP	FIT & STRONG		FIT & STRONG		
9:00	TOTAL BODY WORKOUT	ZUMBA	TOTAL BODY WORKOUT	GOLF STRETCH /MOBILITY	ZUMBA	GENTLE YOGA
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	CLASSIC FITNESS	VINYASA YOGA	CLASSIC FITNESS		
11:00					SENIOR BALANCE	
NOON						
NOON		SILVER SNEAKERS		SILVER SNEAKERS		
1:00						
1:00				INTRO TO KARATE		
2:00	BEGINNER TAI CHI By Reservation	MOVEMENT LABORATORY	CONTINUOUS TAI CHI By Reservation	PICKLEBALL STRETCH /MOBILITY		
2:00						
2:00		AQUA FITNESS		AQUA FITNESS	HELD IN ANZA RECREATIONAL POOL	
3:00	BODY BLAST		SPORTS CONDITIONING	GOLF STRETCH /MOBILITY		
3:00		KARATE		KARATE	KARATE	
4:00	KARATE					

\$5 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>