



# Fit Center News



WINTER EDITION  
DECEMBER - JANUARY

Wishing You a Strong & Joyful Season  
May your holidays be warm, your spirits be high, and your new year be full of movement, health, and happiness.  
We can't wait to sweat, stretch, and grow with you in 2026!

1

## Tips to Keep Moving During the Holidays

The holiday season is full of joy, gatherings, and delicious food—but it can also disrupt our regular routines. Staying active doesn't have to be complicated. Here are a few simple tips to help you keep moving and feeling your best throughout the season:

### Take Advantage of Small Moments

Even 5–10 minutes of light activity makes a difference. March in place while the kettle boils, stretch during TV commercials, or take a quick walk after meals.

### Make Movement Social

Invite friends or family for a stroll, sign up for a class together, or join a holiday-themed workout. Staying active feels easier—and more fun—when you do it with others.

### Stick to a Loose Routine

Your schedule may be different, and that's okay. Choose a few “non-negotiable” habits like morning stretches or an afternoon walk and aim to do them most days.

### Give Yourself Grace

The holidays are meant to be enjoyed. If you miss a workout or have a busy week, don't stress. Just pick up where you left off and keep going.

2

## Get Fit at the Canyon Club: A World of Fitness Options Awaits!

At The Canyon Club, we believe in making fitness fun, accessible, and effective for everyone. Whether you're aiming to improve your cardio endurance, build strength, or simply enjoy a refreshing workout with a view, our gym has everything you need to achieve your fitness goals.

**Cardio with a View:** Our state-of-the-art cardio machines -

including treadmills, upright bikes, recumbent bikes, ellipticals, arc trainers, and power mills—are designed to keep your heart pumping and your body moving. And the best part? Every machine is positioned to give you a stunning view of our sparkling pool and the majestic Santa Rita Mountains, so you can enjoy your workout while soaking in the natural beauty around you.



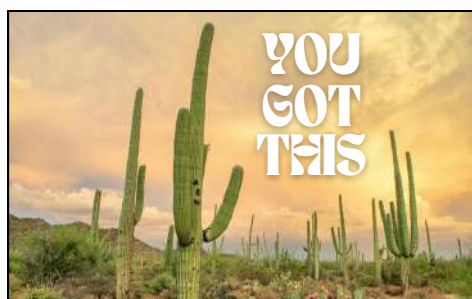
## Winter Spiced Apple & Pear Smoothie

### Ingredients:

- 1 medium apple
- 1 medium pear
- 1/2 cup plain Greek yogurt
- 1/2 cup unsweetened almond milk
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ginger
- 1 tablespoon honey
- 1/4 cup rolled oats
- Ice cubes

### Instructions:

1. Add the chopped apple, pear, Greek yogurt, almond milk, cinnamon, ginger, and honey (if using) to a blender.
2. Blend until smooth and creamy. If you want a thicker texture, you can add ice cubes or extra oats.
3. Taste and adjust the sweetness if needed by adding a bit more honey or maple syrup.
4. Pour into a glass, sprinkle a dash of cinnamon on top, and enjoy the cozy, warming flavors of winter in every sip!



3

## Motivational Corner

Winter is not a time to slow down, but a time to build strength. Let the cold air remind you that resilience grows in the quiet moments, and every step you take brings you closer to brighter days ahead.



## New Classes at the Anza:

### Enhance Your Health & Performance

We're excited to announce some new offerings at The Anza that will help you stay fit, reduce stress, and improve your performance in sports. Whether you're looking for a calm, mindful practice or a targeted mobility routine for golf or pickleball, we've got something for you!

#### **Tai Chi with Marty**

**Mondays and Wednesdays at 2:00 PM**

Tai Chi is an ancient Chinese martial art known for its slow, flowing movements that promote relaxation, balance, and mind-body harmony. In these classes, you'll focus on cultivating Chi (breath-energy), enhancing vitality, and building awareness. It's a great way to reduce stress and improve your overall well-being while strengthening your body and mind.

#### **Pickleball and Golf-Specific Stretch & Mobility with Nick** **Thursdays at 2:00 PM and 1:00 PM**

Looking to boost your mobility and performance on the golf course or pickleball court? This class is designed to help you move better, increase flexibility, and reduce the risk of injury. Whether you're an avid golfer or a pickleball enthusiast, Nick's targeted stretching techniques will improve your range of motion, strengthen key muscle groups, and enhance your game. Personalized one-on-one stretching sessions are also available for more individualized attention.

#### **Strong Body, Strong Mind with Dr. John Evans**

**Tuesdays and Thursdays at 2:00 PM**

Join Dr. John Evans for a class combining slow, controlled movements from karate to help you build better posture, core strength, and reflexes. This class is designed to reduce stiffness in your muscles and joints, improve your balance, and enhance your overall stability. Strengthening your body will also sharpen your mind—creating a well-rounded approach to health and fitness.

**Don't miss out on these new classes! Whether you're looking for mindfulness, movement, or mobility, there's something for everyone at The Anza.**

**We hope to see you soon!**

## Congratulations

### to Steve McMurtry on breaking two State Records!



We're thrilled to celebrate an incredible achievement by one of our very own trainers, Steve McMurtry. At the Summer Slam Powerlifting competition in Tucson, Steve broke two state records—one in the squat and one in the deadlift—within his age and weight class!

What makes this accomplishment even more remarkable is the fact that, just a few months ago in February, Steve suffered an avulsion fracture of the elbow that required his tricep to be reattached. Despite this serious setback, Steve's determination, resilience, and hard work in his recovery allowed him to return stronger than ever and set these impressive records.

We couldn't be more proud of Steve and his incredible feat of strength. It's a testament to his dedication and unwavering commitment to fitness, and an inspiration to all of us here at Quail Creek.

**CONGRATS, STEVE!**  
**Keep up the amazing work!**