



# Fit Center News

SUMMER EDITION

June -August



CANYON CLUB

Summer is here, and it's the perfect time to stay active, healthy, and connected! At Quail Creek, our fitness programs are designed with YOU in mind—offering low-impact, safe, and enjoyable ways to improve strength, balance, flexibility, and heart health.

## Canyon Club Gym Orientations



Join us for a 20-minute gym orientation at the Canyon Club, offered four days a week. We'll walk you through our state-of-the-art Life Fitness cardio and strength equipment, including how to use the SE3 and Integrity+ SE4 consoles—fully equipped with Bluetooth connectivity for headphones or heart rate monitors, plus access to TV and streaming services. You'll also tour our stretching and functional training area, review key gym etiquette, and get information on our group fitness classes and personal trainers. Reserve your spot today on the Quail Creek website! [quailcreekhoa.org](http://quailcreekhoa.org)



### Watermelon Feta Skewers

Perfect for hot days - refreshing, salty, and sweet!

#### Ingredients

- Fresh watermelon, cubed
- Feta cheese, cubed
- Fresh mint leaves
- Balsamic glaze (optional)
- Toothpicks or small skewers

#### Instructions:

1. Thread one cube of watermelon, one mint leaf, and one cube of feta onto each skewer.
2. Repeat until you have your desired number of snacks.
3. Drizzle with balsamic glaze for extra flavor (optional).
4. Serve chilled and enjoy!

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### Cardio for Heart Health

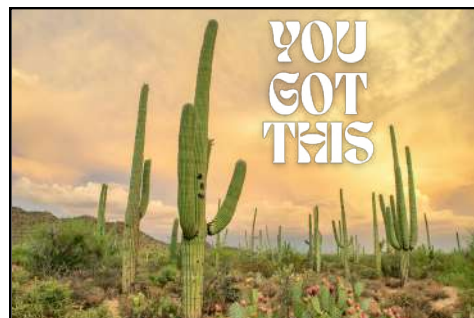


**Aim for Consistency** – Try to get at least 150 minutes of moderate-intensity cardio each week, like brisk walking, swimming, or cycling. Break it into 30-minute sessions, 5 days a week.

**Choose Low-Impact Options** – Protect your joints with activities like water aerobics, recumbent biking, or elliptical training.

**Warm Up and Cool Down** – Start with 5 minutes of light movement and end with gentle stretching to support flexibility and circulation.

Always consult your doctor before starting a new fitness routine, especially if you have existing heart conditions.



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### Motivational Corner

Success in fitness doesn't come from what you do occasionally, it comes from what you do consistently.

Show up, put in the work, and believe in the process—even on the days you don't feel like it.



## Anza Remodel in Full Steam

### Big Changes, Bigger Benefits!

We're excited to share that the Anza Athletic Club remodel is in full swing—and the results are already shaping up to be incredible! Thank you for your continued patience as we work through this major transformation to bring you a stronger, more versatile wellness space.

One exciting highlight is the addition of TRX suspension training in the Cholla Room! TRX is a bodyweight-based training method that improves strength, balance, flexibility, and core stability—all at once. It's low-impact, highly effective, and perfect for active adults.

We're thrilled to have two certified TRX trainers leading the way: Mari and Laura. Many of you already know Mari from her Fit and Strong and Vinyasa Yoga classes. With a strong background in training active adults, Mari ensures safe and effective workouts tailored to our community. Laura, one of our talented personal trainers and HIIT-Fit instructors, recently upgraded her TRX certification and is bringing new energy—and new formats—to the group fitness schedule. Here's a fun TRX fact: It was originally developed by a Navy SEAL to stay mission-ready without bulky gym equipment. That same adaptability makes it ideal for functional training at any age or fitness level!

Meanwhile, the main Anza gym is undergoing a dramatic transformation into a state-of-the-art group fitness room—with double the capacity of our current Cholla Room. The new space will feature a floated floor, designed to absorb shock and reduce joint stress—perfect for everything from dance to strength training. We're also adding dual-level ballet bars for barre and flexibility classes, and an upgraded sound system to keep you moving.

Other exciting updates throughout the facility include a new family restroom, fresh flooring, and beautiful new tiling in the locker rooms.

We can't wait for you to experience the finished product—brought to life by our incredible Robson team. Stay tuned for more updates as we continue to build a better Anza for all!

## Meet Norris Nickerson

### Strength, Spirit, and a Splash of Dance

At 82 years young, Norris Nickerson, a proud Quail

Creek resident,

is showing us

all what deter-

mination looks

like. Despite

struggling with

balance and leg

strength, Norris hasn't let anything

slow him down—thanks to the

support of his caregiver Maria, and

the dedication of personal trainer

Laura.



Laura promised Norris that she'd get him in the pool—and she did. Their aquatic training sessions at the Canyon Club have not only helped strengthen his body, but also lifted his spirits in ways no one expected. When Laura asked if he wanted to dance in the pool, Norris smiled and replied, "I'd be a fool to say no."

Now, it's not uncommon to see Mr. Nickerson wheeling himself across the street in his wheelchair, making his way to another session with Laura. Whether it's dancing in the water or working on mobility, Norris is proof that with the right support, age is just a number—and it's never too late to move, laugh, and thrive.