



POA GROUP FITNESS SCHEDULE

\$5 DROP-IN FEE OR PUNCH CARDS AVAILABLE
FOR PURCHASE AT ANZA RECEPTION

FACILITY HOURS: 6AM-6PM DAILY - 1490 QUAIL RANGE LOOP BLDG 4 - 520.393.5819

CHOLLA ROOM

ACACIA ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00					MAT PILATES	FITNESS INTERVAL
8:00	HATHA YOGA	FIT & STRONG	HATHA YOGA	FIT & STRONG	SOFT FLOW YOGA	YOGA STRETCH
	BARBELL		BARBELL			
9:00	SENIOR BALANCE	ZUMBA W/MAE	SENIOR BALANCE	STEP	ZUMBA W/MAE	GENTLE YOGA 9:15
	TOTAL BODY W/O	TRX 45		TRX 45		
10:00	MAT PILATES	BODY BLAST	MAT PILATES	BODY BLAST	HIIT/WEIGHTS	
	TRX 45 10:15	CYCLE W/LISA	TRX 45 10:15	CYCLE W/LISA	*	
11:00		CLASSIC FITNESS		CLASSIC FITNESS	SENIOR BALANCE	
	SPIN W/MARI		SPIN W/MARI			
NOON	ZUMBA TONE	SIT & GET FIT		SIT & GET FIT		ANZA POOL AQUA CLASSES <div style="border: 1px solid black; padding: 5px; margin: 5px;"> MONDAYS 10:00 AQUA FIT W/ELAINE </div> <div style="border: 1px solid black; padding: 5px; margin: 5px;"> TUES/THUR 2:00 AQUA FITNESS W/STACEY </div>
	VINYASA YOGA					
1:00		*	*	BARBELL	*	
2:00	BEGINNERTAI CHI	KARATE	CONTINUOUS TAI CHI			
	*	*	*		*	
3:00		KARATE	SPORTS CONDITIONING	KARATE	KARATE	
		CF CYCLE W/STEPH 3:15	POWER PUNCH 3:30	CF CYCLE W/STEPH 3:15	*	
4:00		YOGA STRETCH				
	KARATE					
5:00						

SCHEDULE SUBJECT TO CHANGE: . GO TO: QUAILCREEKHOA.ORG > ACTIVE LIFESTYLE > ANZA