

SEPTEMBER POA GROUP FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7-8 AM		HIIT-FIT		HIIT-FIT	MAT PILATES FITNESS	FITNESS INTERVAL TRAINING	
8-9 AM	HATHA YOGA	FIT & STRONG	HATHA YOGA	FIT & STRONG	GENTLE YOGA STRETCH	GENTLE YOGA STRETCH	
9-10 AM	TOTAL BODY WORK-OUT	ZUMBA	TOTAL BODY WORK-OUT	STEP & STRENGTH	ZUMBA	GENTLE YOGA 9:15 Saturday	
10-11 AM	MAT PILATES FITNESS	BODY BLAST	MAT PILATES FITNESS	BODY BLAST			
11-12	VINYASA YOGA 11:15 Monday	CLASSIC FITNESS	VINYASA YOGA 11:15 Wednesday	CLASSIC FITNESS			
12-1 PM	SENIOR STRENGTH & BALANCE	SILVER SNEAKERS	SENIOR STRENGTH & BALANCE	SILVER SNEAKERS			
1-2 PM							
2- 3 PM		ADV WATER AEROBICS Coming Soon !	BEGINNER TAI CHI Coming Soon !				
3-4 PM	BODY BLAST	KARATE 3:00 - 5:00	SPORTS CONDITIONING	KARATE 3:00 - 5:00	KARATE 3:00 - 5:00		
4-5 PM	KARATE						
5-6 PM							

\$4 Drop-In Fee Or Use Your Punch Card Available for Purchase at Anza Reception

FACILITY HOURS:
6 AM-6PM DAILY

POOL HOURS: 6 AM - 6 PM DAILY

CHILDREN - 11 AM-1 PM & 4-6 PM DAILY

1490 N. Quail Range Loop Bldg. 4

Phone: 520.393.5819

Cheri Sipe, Fitness Supervisor

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Schedule Subject to Change - Check at Anza Reception or <https://quailcreekhoa.org/web/quail-creek-hoa/fitness-classes>