

# ANZA JANUARY POA GROUP FITNESS SCHEDULE

					ACACIA ROOM	CHOLLA ROOM
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 By Reservation	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						
NOON	CHAIR CARDIO <i>Coming Soon!</i>	SILVER SNEAKERS	CHAIR CARDIO <i>Coming Soon!</i>	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 By Reservation		
2:00						
2:00		AQUA FITNESS		AQUA FITNESS	HELD IN ANZA RECREATIONAL POOL	
3:00	BODY BLAST		SPORTS CONDITIONING	GOLF STRETCH /MOBILITY By Reservation		
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>**