

ANZA MARCH 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 | 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 | HIIT - WEIGHTS | |
| 10:15 | TRX HYBRID By Reservation | | TRX HYBRID By Reservation | | | |
| 11:00 | | CLASSIC FITNESS | VINYASA YOGA | CLASSIC FITNESS | | |
| 11:00 | VINYASA YOGA | | | | SENIOR BALANCE | |
| NOON | ZUMBA TONING | | | | | |
| NOON | | SIT & GET FIT | | SIT & GET FIT | | |
| 1:00 | | | | | | |
| 1:00 | | | | INTRO TO KARATE | | |
| 2:00 | BEGINNER TAI CHI By Reservation | MOVEMENT LABORATORY | CONTINUOUS TAI CHI By Reservation | PICKLEBALL STRETCH /MOBILITY | | |
| 2:00 | | | | | | |
| 2:00 | | AQUA FITNESS | | AQUA FITNESS | HELD IN ANZA RECREATIONAL POOL | |
| 3:00 | BODY BLAST | | SPORTS CONDITIONING | GOLF STRETCH /MOBILITY | | |
| 3:00 | | KARATE | | KARATE | KARATE | |
| 4:00 | | YOGA STRETCH | | | | |
| 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>