



# Fit Center News



FALL EDITION  
SEPTEMBER - NOVEMBER

CANYON  
CLUB

## Fall Into Fitness – Why Autumn Is the Perfect Time to Reset

As the Arizona heat begins to ease, fall brings cooler mornings and pleasant evenings — making it an ideal season to refresh your wellness routine. Whether it's a brisk walk through your neighborhood, light stretching on the patio, or a scenic stroll along a desert trail, this is a great time to reengage with movement and self-care.

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## Tips for a Fall Fitness Reset



### Embrace the Weather:

Take advantage of the beautiful fall temperatures by enjoying outdoor activities during the early morning or just before sunset. A short daily walk, some gentle stretching, or even light gardening can be great for your body and mind.

### Set a Routine That Works for You:

Now's a great time to settle into a consistent schedule. Choose classes, activities, or exercises that you enjoy and can look forward to each week — consistency is key!

### Track and Celebrate Progress:

Use a simple notebook or a wellness calendar to track your activity, hydration, and sleep. Celebrating small wins — like walking a little farther or trying a new class — keeps motivation high and progress meaningful.

### Stay Social:

Join group classes or invite a neighbor for a walk. Staying active is easier (and more fun) with friends!

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## Dive into Wellness

Looking for a low-impact way to stay fit, flexible, and energized? The lap and recreational pools offer the perfect environment to improve health and have fun doing it.

Lap Pools are ideal for building cardiovascular endurance, improving muscle tone, and increasing joint flexibility — all without putting stress on your knees, hips, or back. Whether you're swimming laps, walking in the water, or doing gentle exercises, the resistance of water helps strengthen your body while keeping things easy on your joints.

Meanwhile, recreational pools provide a more social and relaxed setting for wellness.

Water aerobics, stretching, and balance exercises done in a warmer pool help boost circulation, reduce stiffness, and enhance mobility — especially important for managing arthritis or chronic pain.



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## Motivational Corner

"Autumn shows us how beautiful it is to let things go — and start fresh. Take a step, breathe in the crisp air, and move forward with strength and purpose."



## Desert Glow Smoothie

A refreshing, hydrating smoothie perfect for the Arizona fall

### Ingredients

- 1 cup unsweetened almond milk
- ½ frozen banana
- ½ cup frozen mango
- ¼ cup pomegranate seeds
- 1 handful spinach
- 1 tablespoon chia seeds
- ½ teaspoon ground turmeric (optional anti-inflammatory boost)

### Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy your glow from the inside out!



## SMART FIT GAME DAYS

Every Wednesday afternoon, the Canyon Club gym transforms into a hub of energy, laughter, and friendly competition, thanks to a new wellness program that's gaining popularity among residents: Smart Fit Game Days.

Offered weekly at 4:00 PM, 4:30 PM, and 5:00 PM, Smart Fit is a unique program that combines physical activity with cognitive training. It's designed to help participants enhance key brain functions like decision-making, memory, concentration, and coordination — all while having fun.

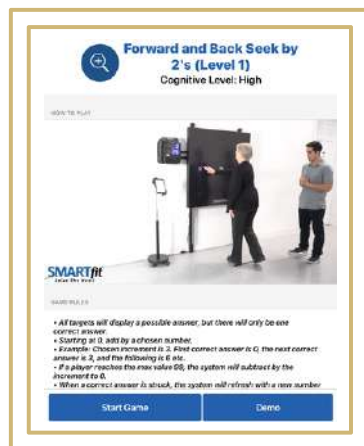
"Think fast. Stay focused. Move with purpose," says Fitness Specialist McKenzie, who leads each Smart Fit session at the gym. "We're not just exercising the body; we're engaging the mind in new and exciting ways."

Using tools like drumsticks, boxing gloves, and weighted balls, participants move through a series of short, energizing games that test both their mental sharpness and physical agility. The sessions are upbeat and interactive — perfect for anyone who wants to stay mentally fit and physically active in a supportive group setting.

Smart Fit has quickly become a favorite among residents looking for something different in their wellness routine.

With only three spots available per session, space is limited, and advance online reservations are required. We love seeing how much fun our residents are having while also doing something really beneficial for their brain health.

Interested residents are encouraged to stop by the Canyon Club gym, meet McKenzie, and see what Smart Fit is all about.



### Smart Fit Game Days at a Glance:

- When: Every Wednesday
- Times: 4:00 PM, 4:30 PM, and 5:00 PM
- Where: Canyon Club Gym
- Reserve: Online — only 3 spots per session!

Train your brain, stay sharp, and have a blast — the Smart Fit way.



## Welcome Acacia A Bright New Addition to the Anza Remodel



Exciting changes are taking shape at the Anza, and we're thrilled to welcome Acacia, the newest addition to our ongoing remodel. This beautifully renovated space is already making a strong first impression with its light, modern design and specialized floated flooring, designed to support active movement with less impact on the joints.

A floated floor is built with a cushioned layer that sits above the subfloor, creating a bit of "give" with every step. It's ideal for group fitness, offering improved comfort and safety for residents during activities like yoga, mat Pilates, and dance.

Acacia currently accommodates up to 45 residents and is already hosting popular classes, including Yoga, Mat Pilates, and Zumba. While a few finishing touches are still on the way, the space is already becoming a favorite for both instructors and participants.

As we get closer to fully opening Acacia for all fitness classes, we encourage residents to stay tuned for updates on new offerings and schedules. This is just the beginning of an exciting new chapter in the Anza's fitness and wellness experience!