



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 BARBELL	FIT & STRONG	HATHA YOGA BARBELL	FIT & STRONG	SOFT FLOW YOGA	YOGA STRETCH
9:00	SENIOR BALANCE	ZUMBA W/MAE TRX 45	SENIOR BALANCE	STEP TRX 45	ZUMBA W/MAE	GENTLE YOGA 9:15
10:00	MAT PILATES TRX 45 10:15	BODY BLAST CYCLE W/LISA	MAT PILATES TRX 45 10:15	BODY BLAST	HIIT/WEIGHTS	
11:00	SPIN W/MARI	CLASSIC FITNESS	SPIN W/MARI	CLASSIC FITNESS	SENIOR BALANCE	
NOON	STRETCH. FLOW. RESTORE.	SIT & GET FIT		SIT & GET FIT		ANZA POOL AQUA CLASSES MONDAYS 10:00 AQUA FIT W/ELAINE TUES/THUR 2:00 AQUA FITNESS W/STACEY
1:00				BARBELL		
2:00	BEGINNER TAI CHI	KARATE	CONTINUOUS TAI CHI			
3:00		KARATE CF CYCLE W/STEPH 3:15	SPORTS CONDITIONING POWER PUNCH 3:30	KARATE CF CYCLE W/STEPH 3:15	KARATE	
4:00	KARATE	YOGA STRETCH		YOGA STRETCH		
5:00						

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