

ANZA NOVEMBER POA GROUP FITNESS SCHEDULE

					ACACIA ROOM	CHOLLA ROOM
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00					MAT PILATES FITNESS	F.I.T. FITNESS INTERVAL
7:00						
8:00	HATHA YOGA	CIRCUIT STRENGTH	HATHA YOGA		GENTLE YOGA STRETCH	GENTLE YOGA STRETCH
8:00	BALANCED MOTION	FIT & STRONG		FIT & STRONG		
9:00	TOTAL BODY WORKOUT	ZUMBA	TOTAL BODY WORKOUT	STEP & STRENGTH	ZUMBA	GENTLE YOGA
9:05	SENIOR BALANCE	TRX 45 By Reservation	SENIOR BALANCE	TRX 45 By Reservation		
10:00	MAT PILATES FITNESS	BODY BLAST	MAT PILATES FITNESS	BODY BLAST	TAI CHI	
10:15	TRX HYBRID By Reservation		TRX HYBRID By Reservation			
11:00	VINYASA YOGA		VINYASA YOGA			
11:00		CLASSIC FITNESS		CLASSIC FITNESS		
NOON						
NOON		SILVER SNEAKERS		SILVER SNEAKERS		
1:00						
1:00						
2:00		BEGINNER KARATE	BEGINNER TAI-CHI	BEGINNER KARATE		
2:00						
2:00		AQUA FITNESS		AQUA FITNESS	HELD IN ANZA RECREATIONAL POOL	
3:00	BODY BLAST		SPORTS CONDITIONING			
3:00		KARATE		KARATE	KARATE	
4:00						
4:00	KARATE					

\$4 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>