

## JULY POA GROUP FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7-8 AM		HIIT-FIT		HIIT-FIT	MAT PILATES FITNESS		
8-9 AM	HATHA YOGA	FIT & STRONG	HATHA YOGA	FIT & STRONG	GENTLE YOGA STRETCH	GENTLE YOGA STRETCH	
9-10 AM	TOTAL BODY WORK-OUT	ZUMBA	TOTAL BODY WORK-OUT		ZUMBA	GENTLE YOGA 9:15 Saturday	
10-11 AM	MAT PILATES FITNESS	BODY BLAST	MAT PILATES FITNESS	BODY BLAST			
11-12	VINYASA YOGA 11:15 Monday	CLASSIC FITNESS	VINYASA YOGA 11:15 Wednesday	CLASSIC FITNESS			
12-1 PM		SILVER SNEAKERS		SILVER SNEAKERS			
1-2 PM							
2- 3 PM					KARATE 2:15		
3-4 PM	BODY BLAST STRETCH	SENIOR STRENGTH & BALANCE	SPORTS CONDITIONING	SENIOR STRENGTH & BALANCE			
4-5 PM	KARATE 4:15 PM	KARATE 4:15		YOGA FOR ALL			
5-6:30 PM				ADVANCED KARATE 5:15			
6:30 - 7:30 PM							

**\$4 Drop-In Fee Or Use Your 10 or 20 Punch Card Available for Purchase at Anza Reception**

**FACILITY HOURS:**

5 AM-9 PM MON-FRI  
5 AM-9 PM SAT & SUN

**POOL HOURS:**

ADULTS - 5 AM-9 PM DAILY  
CHILDRENS - 11 AM-1 PM & 4-6 PM DAILY

1490 N. Quail Range Loop Bldg. 4

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Schedule Subject to Change - Check at Anza Reception or <https://quailcreekhoa.org/web/quail-creek-hoa/fitness-classes>

<b>BODY BLAST</b> T, TH, 10 AM	<b>Lorraine Beaver</b>	Work all muscle groups using high volume reps & low resistance with dumbbell weights - a great workout geared to improving muscle tone & definition and cardio vascular fitness. <b>Class Limit 24</b>
<b>BODY BLAST STRETCH</b> M 3PM	<b>Lorraine Beaver</b>	We have added some boxing moves to transform and challenge your muscles with STRETCH - FLEX - ABS - BALANCE. See an improvement in your golf, pickleball, tennis and softball abilities. Bring a yoga mat and water. <b>Class Limit 24.</b>
<b>CLASSIC FITNESS</b> T, TH 11AM	<b>Lois Bossert</b>	Low impact aerobics set to music, with 20 minutes of muscle toning using hand weights and/or stretch resistance bands, followed by stretch and relaxation. Chairs can be used if desired. <b>Class Limit 24</b>
<b>FIT &amp; STRONG</b> TU, TH 8AM	<b>Mari Palenzuelos</b>	This class is ideal for beginners and those who are just beginning to think about getting in shape. Increase strength, agility, balance, coordination and range of motion. We use hand weights, resistance bands and balls. Chairs can be used to assist with balance. <b>Class Limit 24</b>
<b>GENTLE YOGA</b> SA - 9:15 AM	<b>Gail Johnson</b>	Experience a slower paced Hatha Yoga practice, which is not intense or strenuous on the body and is appropriate for men and women. The session is followed by a guided deep relaxation. <b>Class Limit 24</b>
<b>GENTLE YOGA STRETCH</b> F, SA - 8:00	<b>Mark Mandel</b>	Experience a slower paced, disciplined & comfortable effort of Yoga and stretching. This Yoga session is 55 minutes and is appropriate for both men and women. <b>Class Limit 24</b>
<b>HATHA YOGA</b> M, W 8AM	<b>Gail Johnson</b>	Hatha Yoga is a simpler Yoga practice with more static postures to unite and balance the body and mind. Our focus will be core, balance and stretching to leave you invigorated. <b>Class Limit 24</b>
<b>HIIT-FIT</b> T, TH 7AM	<b>Laura McMurtry</b>	High Intensity Interval Training: 35-45 minute class focusing on a full range of activities that will tone and provide a great cardio workout. <b>Class Limit 18</b>
<b>KARATE</b> M, 4:15PM, T, 4:15PM TH, 5:15PM, F 2:15PM	<b>Stan Herum</b>	Gain physical, psychological and emotional benefits, including breathing, power, stretching and self defense in progressive classes. Class is taught by Black Belt Sensei, Stan Herum. THURSDAY SESSIONS ARE FOR ADVANCED STUDENTS ONLY. <b>Class Limit 24</b>
<b>MAT PILATES FITNESS</b> M, W 10AM, F, 7AM	<b>Carla Espinosa</b>	Pilates is a strengthening and lengthening form of exercise that focuses on the core muscles while training your arms and legs. The exercises are a mind and body work-out that will improve your stability. Bands, exercise balls, sliders and small weights may be used to level-up your Pilates experience. <b>Class Limit 24</b>
<b>SENIOR STRENGTH &amp; BALANCE</b> T, TH 3PM	<b>Mari Palenzuelos</b>	Target audience is adults 60+ concerned about falling or those who may have fallen in the past and have restricted their activities due to concerns about falling. Improve strength, coordination & balance. <b>Class Limit 24</b>
<b>SILVER SNEAKERS</b> T, TH 12PM	<b>Lois Bossert</b>	A variety of exercises, using hand weights & resistance bands, designed to increase muscular strength, range of movement, & activity for daily living skills. A chair is used for seated and/or standing support. <b>Class Limit 24</b>
<b>SPORTS CONDITIONING</b> W 3PM	<b>Lorraine Beaver</b>	Transform and challenge your muscles with STRETCH - FLEX - ABS - BALANCE. See an improvement in your golf, pickleball, tennis and softball abilities. Bring a yoga mat and water. <b>Class Limit 24</b>
<b>TOTAL BODY WORK-OUT</b> M, W 9AM	<b>Lois Bossert</b>	A total body work-out for all set to invigorating music. This class uses hand weights and resistance bands, along with low impact aerobic movements for full body toning. Bring a yoga mat & water! <b>Class Limit 24</b>
<b>VINYASA YOGA</b> M 11:15 W 11:15 AM	<b>Mari Palenzuelos</b>	Vinyasa Flow Yoga is a more fast-paced Yoga that focuses on linking poses together in a fluid, smooth way. Settle into therapeutic poses that encourages meditative movement and breathing techniques to release tension and quiet the mind. All levels welcome! Bring a mat & water. <b>Class Limit 24</b>
<b>YOGA FOR ALL</b> TH 4PM	<b>Mari Palenzuelos</b>	This session begins with Hatha Yoga, a simpler practice with static postures to focus on the core, balance & stretch and transcends into Yin Yoga which includes passive poses held longer to encourage a deeper relaxation & stretching of the connective tissues. The perfect way to end a busy week. <b>Class Limit 24</b>
<b>ZUMBA</b> T, F 9AM	<b>Mae Weravetz</b>	Zumba is a FUN interval dance workout to high energy Latin and contemporary rhythms to tone, enhance and increase muscle endurance. Get your heart rate up and boost cardio endurance to easy to follow dance moves. All fitness levels welcome! <b>Class Limit 24</b>