

ANZA ATHLETIC CLUB

SEPTEMBER Group Fitness Schedule

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|-----------------------------|-------------------|---|-------------------|---|----------|--------|
| 7-8 AM | | HIIT-FIT | HIIT-FIT | HIIT-FIT | | | |
| 8-9 AM | GENTLE YOGA | KARATE Level 1 | | KARATE Level 1 | GENTLE YOGA | | |
| 9-10 AM | LOW IMPACT TABATA | ZUMBA | LOW IMPACT TABATA | ZUMBA | | | |
| 10-11 AM | | | MAT PILATES <i>Starts in October</i> | | MAT PILATES <i>Starts in October</i> | | |
| 11-12 | | CLASSIC MOVEMENT | | CLASSIC MOVEMENT | | | |
| 12-1 PM | | | | | | | |
| 1-2 PM | | | | | | | |
| 2-3 PM | | | | | KARATE Level 1 | | |
| 3-4 PM | MEN'S YOGA No Class 8/30 | SENIOR BALANCE | MEN'S YOGA | SENIOR BALANCE | | | |
| 4-5 PM | POUND FIT | | POUND FIT | | | | |
| 5-6 PM | | | | | | | |

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

Phone: 520.393.5819

Cheri Sipe, Fitness Supervisor

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

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|---------------------------|---------------------------|---|
| KARATE - BEGINNING | Stan Herum | Gain physical, psychological and emotional benefits, including breathing, relaxation, power, stretching and self-defense in this progressive class. CLASS LIMIT 24. |
| CLASSIC MOVEMENT | Lois Bossert | This workout consists of a warm-up, 20 minutes of 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. CLASS LIMIT 24 |
| GENTLE YOGA | Angelika Adkins | Experience a slower pace Hatha Yoga practice. Not intense or strenuous on the body. The session is followed by a guided musical journey into deep relaxation. CLASS LIMIT 24. |
| HIIT-FIT | Laura McMurtry | High Intensity Interval Training: 35-45 minute class focusing on a full range of activities that will tone and provide a great cardio workout. CLASS LIMIT 16 |
| LOW IMPACT TABATA | Lois Bossert | Low Impact Tabata consists of 20 seconds of moderate to high intensity followed by a 10-second break. There are 8 sets in a tabata. After a set is complete a 30-second break follows and cool down stretch relaxation. CLASS LIMIT 24 |
| MAT PILATES | Elizabeth Krigbaum | Mat Pilates involves performing pilates exercises on the floor using a pilates or yoga mat which employs controlled breathing during body weight restricted movement to build core strength. CLASS LIMIT 24 (Class starts in October!) |
| MEN'S YOGA | Laura McMurtry | Yes, real men do Yoga! Participants will safely learn and practice various poses that will stretch tight muscles and improve alignment, balance & strength. Perfect for golfers, pickleball players and anyone looking to improve mobility. 40-45 minute class. CLASS LIMIT 20 |
| POUND FIT | Christina Ross | POUND FITNESS is perfect for letting loose, toning up and rockin' out! This class is easily modified to all ages and abilities. It is a mix of drumming and fitness ... entertainment in disguise!! Bring a yoga mat. CLASS LIMIT 24 |
| SENIOR BALANCE | Laura McMurtry | Target Audience: Adults 60+ who are ambulatory, concerned about falling, interested in improving flexibility, balance & strength, those who may have fallen in the past and have restricted their activities because of concerns about falling. Learn to improve strength, coordination & balance. 45-50 minute class. CLASS LIMIT 12 |
| ZUMBA | Mae Weravetz | Zumba is a FUN interval workout where classes move between moderate and low intensity dance moves designed to get your heart rate up and boost cardio endurance. Easy to follow dance moves with Latin and contemporary rhythms. All fitness levels welcome. CLASS LIMIT 24 |
| ZUMBA TONING | Annette Mesa | Tone all target zones and have a blast dancing to fun rhythms set to high energy Latin and International beats during the cardio portion of class. Use 2-7 pound weights for the stationary portion of the class. Designed to tone, enhance & increase muscle endurance. CLASS LIMIT 24 |