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| ACACIA STUDIO | CHOLLA STUDIO | ANZA REC POOL |
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## OCTOBER POA GROUP FITNESS SCHEDULE

| TIME  | MONDAY              | TUESDAY         | WEDNESDAY           | THURSDAY        | FRIDAY              | SATURDAY            | SUNDAY |
|-------|---------------------|-----------------|---------------------|-----------------|---------------------|---------------------|--------|
| 7:00  |                     |                 |                     |                 | MAT PILATES FITNESS | FITNESS INTERVAL    |        |
| 8:00  | HATHA YOGA          | FIT & STRONG    | HATHA YOGA          | FIT & STRONG    | GENTLE YOGA STRETCH | GENTLE YOGA STRETCH |        |
| 9:00  | SENIOR BALANCE      | ZUMBA           | SENIOR BALANCE      | STEP & STRENGTH | ZUMBA               |                     |        |
| 9:00  | TOTAL BODY WORK-OUT | TRX 45          | TOTAL BODY WORK-OUT | TRX 45          |                     |                     |        |
| 9:15  |                     |                 |                     |                 |                     | GENTLE YOGA         |        |
| 10:00 | MAT PILATES FITNESS | BODY BLAST      | MAT PILATES FITNESS | BODY BLAST      |                     |                     |        |
| 10:15 | TRX HYBRID          |                 | TRX HYBRID          |                 |                     |                     |        |
| 11:00 | VINYASA YOGA        | CLASSIC FITNESS | VINYASA YOGA        | CLASSIC FITNESS |                     |                     |        |
| 11:15 |                     |                 |                     |                 |                     |                     |        |
| 12:00 |                     | SILVER SNEAKERS |                     | SILVER SNEAKERS |                     |                     |        |
| 12:15 |                     |                 |                     |                 |                     |                     |        |
| 1:00  |                     |                 |                     |                 |                     |                     |        |
| 1:15  |                     |                 |                     |                 |                     |                     |        |
| 2:00  |                     | BEGINNER KARATE |                     | BEGINNER KARATE |                     |                     |        |
| 2:00  |                     | AQUA FITNESS    |                     | AQUA FITNESS    |                     |                     |        |
| 3:00  | BODY BLAST          | KARATE          | SPORTS CONDITIONING | KARATE          | KARATE              |                     |        |
| 4:00  |                     |                 |                     |                 |                     |                     |        |
| 5:00  |                     |                 |                     |                 |                     |                     |        |
|       |                     |                 |                     |                 |                     |                     |        |
|       |                     |                 |                     |                 |                     |                     |        |

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

**FACILITY HOURS:**  
6 AM-6PM DAILY

**POOL HOURS: 6 AM - 6 PM DAILY**

CHILDREN - 11 AM-1 PM & 4-6 PM DAILY

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