



DECEMBER

2021 AQUA CLASSES

ALL CLASSES BEGIN AT 9 AM

CLASS DESCRIPTIONS

AQUA MIX

This is a fun mix of cardio, strength, balance & flexibility all done to fun music to make you smile! Appropriate for all levels of fitness.

AQUA ARTICULATIONS & CARDIO

Class will focus on full range of movement to help lubricate your joints while having fun and getting some cardio in to elevate your heart rate and body temperature.

HIIT H2O

High Intensity Interval Training will get your heart pumping and will take full advantage of the resistance of water. We will jump, run, & SMILE!

AQUA INTERVALS

A combination of strength and cardio exercises done in interval fashion to challenge your cardiovascular system.

DEEP WATER CORE

Bring your buoyancy belt to class and experience the benefits of working out in the deep water! Working out in the deep fires up the core muscles like never before. We will get a great cardio workout while challenging our core muscles to gain better posture.

HOA2 AQUA CLASSES ARE \$7:

Pay by Member Charge or Unlimited Monthly Fitness Class Pass (workshops, seminars & DV cycling classes excluded, passes are non-transferable & guests not included) SGT Classes are \$10 and not included with the Unlimited Fitness Class Pass.

CLASS CANCELATIONS:

For class cancellations please contact Jeannette.Pyle@sbhoa2.org. No-Shows will be charged regardless if you have a class pass or not.

PLEASE USE SIGNUP GENIUS TO RESERVE YOUR SPOT

MONDAY	AQUA MIX AT MV POOL WITH ANNAMARIE
TUESDAY	ARTICULATIONS & CARDIO AT MV POOL WITH MICHELLE
WEDNESDAY	AQUA MIX AT MV POOL WITH MICHELLE
THURSDAY	DEEP WATER CORE AT MV POOL WITH ANNAMARIE
FRIDAY	HIIT H2O AT MV POOL WITH JEANNETTE
SATURDAY	AQUA INTERVALS AT MV POOL WITH ANNAMARIE
SUNDAY	



SaddleBrooke HOA2
Fitness and Wellness

For more information, call the DV Fitness Center at (520) 818-1300

You will need your SBHOA2 member ID card to access pools. All attendees must have charging privileges or a monthly class pass. For questions please contact Jeannette.Pyle@sbhoa2.org. Aqua Classes may be discontinued due to low attendance. Aqua classes will be canceled in the event of rain or if the temperature drops below 40 degrees. Aqua Class Sign-Ups will be limited to 24 people to ensure social distancing.



DECEMBER

2021 FITNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLASS TIME: 7:00 AM	STRENGTH MARIPOSA ROOM WITH MICHELE		SGT POWER HOUR MARIPOSA ROOM WITH TOM		STRENGTH MARIPOSA ROOM WITH MICHELE	
CLASS TIME: 8:00 AM	FLOW & RESTORE MV BALLROOM WITH JEANNETTE	STRENGTH MARIPOSA ROOM WITH JEANNETTE	HATHA YOGA MV BALLROOM WITH JEANNETTE	STRENGTH MARIPOSA ROOM WITH JEANNETTE	YOGA FOR A HEALTHY BACK MV BALLROOM WITH NATALIE	STRENGTH MARIPOSA ROOM WITH MARCIA
CLASS TIME: 9:15 AM	POPJAM MARIPOSA ROOM WITH YVONNE	LOW IMPACT CARDIO & STRENGTH MV BALLROOM WITH ANNETTE	PARKINSON'S CLASS MARIPOSA ROOM WITH MARCIA	LOW IMPACT CARDIO & STRENGTH MV BALLROOM WITH MICHELLE	PARKINSON'S CLASS MARIPOSA ROOM WITH MARCIA	ZUMBA GOLD MARIPOSA ROOM WITH CHERYL
CLASS TIME: 10:30 AM	SGT - TRX L1 MARIPOSA ROOM WITH THERESA	SGT - BALANCE & FALL PREVENTION MARIPOSA ROOM WITH MICHELE	SGT - TRX L1 MARIPOSA ROOM WITH JEANNETTE	SGT - BALANCE & FALL PREVENTION MARIPOSA ROOM WITH MICHELE	SGT - SPORTS PERFORMANCE MARIPOSA ROOM WITH YVONNE	BROGA MARIPOSA ROOM WITH BILL
CLASS TIME: 1:00 PM			CHAIR WITH FLAIR MARIPOSA ROOM WITH MARCIA			

CLASS DESCRIPTIONS

FLOW & RESTORE YOGA: Class will begin with gentle flow to warm the body & class will culminate with restorative yoga. Restorative yoga holds poses much longer than conventional yoga & often uses props such as blankets, bolsters, and blocks.

HATHA YOGA: Explore the connection of breath, body, and mind in this yoga class. We will go through a series of poses (asanas), connect with our breath (pranayama) and perform simple meditations (dhyana).

LOW IMPACT CARDIO & STRENGTH: Move your body and strengthen your muscles while having fun! Moves are choreographed to music & are low impact on the body and joints.

PARKINSON'S CLASS: Parkinson's Recovery Certified Trainer Marcia Pirie will teach members how to gain strength, flexibility and move more freely.

STRENGTH CLASS: Use weights & bands in this functional strength training class to improve bone density and muscle mass. Everyday activities become easier when stronger.

SGT - BALANCE & FALL PREVENTION: SGT is a great way to learn how to help prevent falls & improve balance. Get more individualized attention while enjoying a class atmosphere.

POPJAM: This cardiovascular class make you move to the hits of Pitbull, J'Lo, Bruno Mars & more! Burn calories and get in 700 steps in this fun filled class. If you like to dance & sing, this class will not disappoint!

SGT - SPORTS PERFORMANCE: Explore the benefits of TRX by increasing strength and flexibility. Exercises will be geared to improve strength and range of motion needed for golf.

SGT - TRX L1: TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises.

YOGA FOR A HEALTHY BACK: Strengthen & stretch your back with a series of poses which are gentle yet effective.

SGT - POWER HOUR: Not for the beginner exerciser. Come ready to increase physical strength through weight-bearing and resistance exercise utilizing TRX, bands, and dumbbells. All major muscle groups are worked from head to toe. Focus will be on proper form and full range of motion during exercise. 'Challenge yourself to move out of your comfort zone and break through your personal fitness barriers.

ZUMBA GOLD: Zumba Gold utilizes the same great Latin styles of music and dance allowing you time to learn the steps that are used in Zumba basic program, but done at a slower pace.

CHAIR WITH FLAIR - Join us for a fun hour of strengthening, stretching, and moving! Class is designed to have the chair if needed, but we always encourage students to stand when able.

BROGA - A YOGA CLASS GEARED FOR MEN (where it's okay if you can't touch your toes) Strong, energetic, & challenging, Broga combines the best core-strengthening, muscle-toning, cardio-working, stress-reducing, clarity-enhancing yoga postures with functional fitness exercises for an amazing workout.

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Unlimited Monthly Fitness Class Passes
HAVE GONE DIGITAL!



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