

2019

FEBRUARY FITNESS SCHEDULE

HAPPY
Valentine's
DAY

CHALLENGE YOURSELF

	move-it MONDAY	tone-up TUESDAY	work-it WEDNESDAY	tighten-it THURSDAY	flexible FRIDAY	strong SATURDAY	super SUNDAY
class time: AM					TRX INTERMEDIATE (7:45 AM) HELEN SIGN UP REQUIRED		
class time: 8 AM	DV INDOOR CYCLING	STRENGTH TRAINING KAREN	DV INDOOR CYCLING		DV INDOOR CYCLING	DV INDOOR CYCLING	DV INDOOR CYCLING
class time: 9 AM	AQUA-MIX CARDIO SUSAN CANCELED DURING POOL CLOSURE 2/2-2/15		AQUA-MIX CARDIO TINA CANCELED DURING POOL CLOSURE 2/2-2/15		AQUA INTERVALS TINA CANCELED DURING POOL CLOSURE 2/2-2/15	AQUA-MIX CARDIO SUSAN CANCELED DURING POOL CLOSURE 2/2-2/15	
class time: 9 AM	BROGA BILL	STRENGTH TRAINING KAREN	CARDIO-CORE MARY	BROGA BILL	PARKINSON'S CLASS MARCIA	STRENGTH TRAINING KAREN	
class time: 10 AM	BANDS, BALANCE & FLEXIBILITY HELEN	CHAIR FITNESS (PALOMA ROOM) KAREN	AMPD POWER FLOW MARY	VINYASA YOGA FLOW MARY	YOGA FOR A HEALTHY BACK NATALIE	CHAIR FITNESS (PALOMA ROOM) KAREN	
class time: 11 AM		PARKINSON'S CLASS (PALOMA RM) MARCIA	PILATES HELEN		PILATES NATALIE		
class time: 11 AM	BEGINNER TRX HELEN SIGN UP REQUIRED ALL EXERCISES STANDING	BEGINNER TRX HELEN SIGN UP REQUIRED (11:45AM) STANDING REC.		BEGINNER TRX BILL SIGN UP REQUIRED ALL EXERCISES STANDING			
class time: PM		DV INDOOR CYCLING (2:30 PM)	DV INDOOR CYCLING (12:00 PM)	DV INDOOR CYCLING (3:30 PM)	DV INDOOR CYCLING (12:00 PM)		DV INDOOR CYCLING (11:15 AM)

HOA2 FITNESS CLASSES ARE \$7

If you are not set up with charging privileges please pre-pay for classes at HOA2 Admin Office or DesertView Fitness Center. For Aqua Cancellation and More General Information, Call 818-1300.

*All classes are held at the Mariposa and Paloma Fitness Rooms at DesertView Sports Complex.
*Classes may be discontinued due to low attendance. *Aqua Classes canceled in the event of rain or temps below 40 degrees.*



“Fall in Love with taking care of your body!”

FEBRUARY HOA2 Fitness Class Descriptions

AMPD Power Flow: Yoga inspired moves using light weights and bands to get strong, stable and stretchy.

Aqua Intervals: Bouts of high intensity exercises followed by short recovery periods.

Aqua-Mix “Cardio”: A fun-filled, self-paced, set to music ‘wanting to make you move.’ This low to moderate intensity class sequence includes a thorough 10 minute warm-up, on to an aerobic phase of a minimum of 35-45 minutes including cool down, and ending with a full body stretch.

Bands, Balance & Flexibility: This class begins with band strengthening and stretching exercises, balance exercises are worked in. Leave feeling great!

Beginner TRX: Learn the ropes in this class! All exercises are done standing. A full body workout!

BROGA: A YOGA class geared for men, where it’s okay if you can’t touch your toes. Get deep flexibility, de-stress and “work-in”. Women can join as well.

Cardio-Core: Whittle your middle, tone your tush and have fun with this calorie burning, heart pumping core class. Light weights, bands and balls may be used.

Chair Fitness: Using a chair as a primary tool, this class is great for beginners. It incorporates segments of cardio, weights, flexibility and balance.

DV Indoor Cycling: Certified instructors teach riders basic techniques on flats and hills using resistance training. Then sprinting and jumping are

introduced along with concepts of rhythm release, pedal efficiency, breathing, relaxation, visualization and stretching. This is a fluid and challenging workout for riders of all levels.

Parkinson’s Exercise: Parkinson’s Recovery Certified Trainer Marcia Pirie will teach members how to gain strength, flexibility and move more freely in this class.

Pilates: Increase flexibility, mobility, balance, and body awareness. Pilates Mat work is a great way to strengthen your core muscles and align the whole body using unique and challenging exercises.

Strength Training: Using weights, bands and bars, this functional strength training class will improve bone density and muscle mass. Everyday activities become easier when you are stronger.

TRX Classes: The TRX Suspension Trainer leverages gravity and bodyweight to build strength. Learn the foundational exercises in this class and get stronger!

TRX/Strength Combo: Build muscle strength using weights and the TRX. This class works it all!

Vinyasa Yoga Flow: Link movement and breath to attain balance in the mind and body. Vinyasa aligns a deliberate sequence of poses with the breath to achieve a continuous flow.

Yoga for a Healthy Back: This Yoga based class will strengthen and stretch your back with a series of poses which are gentle yet effective. Get stronger, move better, become more pain-free.

UNLIMITED MONTHLY CLASS PASSES

Available at DV Fitness Center or Admin Office \$80 per month.

NON-TRANSFERABLE, DV INDDOR CYCLING CLASSES NOT INCLUDED.



*SaddleBrooke HOA2
Fitness and Wellness*

**FOR MORE INFORMATION, CALL DESERTVIEW
FITNESS CENTER AT (520) 818-1300.**