

JULY 2026

FITNESS SCHEDULE

learn more and book online at sbhoa2.org/fitness



FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7AM MARIPOSA ROOM SGT - KETTLEBELL BURN WITH ROSS		7AM MARIPOSA ROOM SGT - KETTLEBELL BURN WITH ROSS		
8AM MARIPOSA ROOM BALLISTIC BURN WITH JEANNETTE	8AM MARIPOSA ROOM STRENGTH WITH JEANNETTE	8:00AM MARIPOSA ROOM MAT PILATES WITH IRINA	8AM MARIPOSA ROOM STRENGTH WITH SHARON	8AM MV BALLROOM YOGA FOR A HEALTHY BACK WITH IRINA	8AM MARIPOSA ROOM STRENGTH WITH ROTATING INSTRUCTORS
9:15AM MARIPOSA ROOM GENTLE FLOW & RESTORE WITH JEANNETTE	9:15AM MARIPOSA ROOM LOW IMPACT CARDIO MIX WITH SHARON	9:15AM MARIPOSA ROOM ZUMBA WITH SARA	9:15AM MARIPOSA ROOM LOW IMPACT CARDIO MIX WITH SHARON	9:15AM MARIPOSA ROOM BALLISTIC BURN WITH JEANNETTE	9:15AM MARIPOSA ROOM ZUMBA WITH SARA
9:15AM PALOMA ROOM SEATED STRENGTH & TAI CHI WITH MARCIA	9:15AM PALOMA ROOM SEATED STRENGTH & TAI CHI WITH MARCIA	9:30AM PALOMA ROOM PARKINSONISM & NEURO FIT FOUNDATIONS WITH MARCIA	9:15AM PALOMA ROOM SEATED STRENGTH & TAI CHI WITH MARCIA	9:30AM PALOMA ROOM PARKINSONISM & NEURO FIT FOUNDATIONS WITH MARCIA	
10:30AM MARIPOSA ROOM SGT - CONDITIONING FOR PICKLEBALL WITH JEANNETTE		9:45AM RINCON ROOM SGT - TRX & MORE WITH JEANNETTE		10:30AM MARIPOSA ROOM SGT - CONDITIONING FOR PICKLEBALL WITH JEANNETTE	10:30AM MARIPOSA ROOM YIN YOGA WITH LIZ
	10:30AM MARIPOSA ROOM YIN YOGA WITH GONG HEALING SOUND WITH IRINA	10:30AM MARIPOSA ROOM VINYASA FLOW WITH PAULA			
	11:00AM PALOMA ROOM SGT - BALANCE & FALL PREVENTION WITH MICHELE	11AM RINCON ROOM ADVANCED TAI CHI WITH MARCIA SESSION BASED	11:00AM MARIPOSA ROOM SGT - BALANCE & FALL PREVENTION WITH MICHELE	11AM RINCON ROOM INTERMEDIATE TAI CHI WITH MARCIA SESSION BASED	
	3PM MARIPOSA ROOM BASIC STRENGTH WITH KELLY		3PM MARIPOSA ROOM BASIC STRENGTH WITH KELLY		
	4PM MARIPOSA ROOM STRETCH WITH KELLY	3PM MARIPOSA ROOM BEGINNING KETTLEBELLS WITH ROSS	4PM MARIPOSA ROOM STRETCH WITH KELLY		

AQUA CLASSES

	7:30AM MV POOL AQUA INTERVALS WITH CHERIE		7:30AM MV POOL AQUA INTERVALS WITH CHERIE	
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HOA2 FITNESS CLASSES ARE \$8

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. | Session Based Classes vary per class and not included with the Unlimited Fitness Class Pass. Schedule Subject to Change without Notice.

CLASS DESCRIPTIONS

SGT - BALANCE & FALL PREVENTION

This class is a great way to learn how to help prevent falls & improve balance. Get more individualized attention while enjoying a class atmosphere.

STRETCH

Relax and unwind while increasing mobility and reducing chance of injury with a full body stretch class. Adding a regular stretching routine to your repertoire can improve your performance in physical activities by helping your joints move through their full range of motion.

YIN YOGA

A slower-paced style of yoga in which we use long-held, passive poses--twists, forward folds, supported backbends, and hip-openers--to increase mobility, mobilize, stretch, and hydrate the body's extensive fascial network. As we settle into poses for three to five minutes, the practitioner is invited into a more meditative internal space. We will incorporate yoga props as needed to support the body's joints and increase accessibility of the poses for all practitioners, making Yin Yoga a perfect complement to an active lifestyle.

LOW IMPACT CARDIO MIX

Join us for a fun, joint-friendly cardio class set to upbeat music! Each session brings variety with different low-impact modalities--like cardio drumming, energizing circuits, and more--to keep things fresh and exciting. Say goodbye to boring workouts and hello to a bigger calorie burn without the stress on your joints. All fitness levels welcome!

SGT - TRX & MORE

This Small Group Training Class uses TRX straps which uses adjustable suspension straps that leverage gravity and your bodyweight to provide a total-body workout. This class will challenge your strength, balance, stability, and coordination by allowing you to control the difficulty of exercises by controlling your body angle. This class is not eligible for use with the monthly class pass.

PARKINSONISM & NEURO FIT FOUNDATIONS

This class is built to gain strength, core stability, balance, posture, and mobility for those with Parkinsons, recovering from a stroke, MS and other neurological issues. Repetitive exercises can vastly improve recovery time.

ZUMBA

Join Sara for Zumba which is a group fitness class set to energetic Latin and international music. Zumba is fun, high-energy, and suitable for all fitness levels. You will leave this class feeling like you attended a party rather than an exercise class!

BALLISTIC BURN

Get ready for a high-energy fusion of cardio drumming, strength training, and low-impact cardio moves! This fun, full-body workout is designed to boost endurance, build muscle, and keep you moving to the beat--perfect for all fitness levels.

STRENGTH

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

SEATED STRENGTH AND TAI CHI

This class blends gentle resistance training with light stretching to enhance strength, flexibility, and balance. Using a variety of equipment--including weights, resistance bands, and exercise balls--you'll engage in exercises tailored to your fitness level. The session concludes with a calming series of seated Tai Chi movements designed to tone the body and promote a tranquil state of mind. Deep breathing techniques practiced during Tai Chi help lower blood pressure and leave you feeling centered, relaxed, and refreshed.

LOW IMPACT CARDIO MIX

Join us for a fun, joint-friendly cardio class set to upbeat music! Each session brings variety with different low-impact modalities--like cardio drumming, energizing circuits, and more--to keep things fresh and exciting. Say goodbye to boring workouts and hello to a bigger calorie burn without the stress on your joints. All fitness levels welcome!

AQUA INTERVALS

Make a splash with this dynamic water workout! This interval-based aqua class combines bursts of heart-pumping cardio with strength-building moves and focused range-of-motion (ROM) exercises. Designed to improve endurance, tone muscles, and enhance flexibility, the water's resistance supports your joints while challenging your whole body. Perfect for all fitness levels--come ready to move, strengthen, and stretch in every session!

YIN YOGA W/ GONG HEALING SOUND

Yin yoga is a natural range-of-motion practice focusing on slow stretches, specifically opening tight muscles to restore and rejuvenate your body. These poses will apply moderate stress to connective tissues for 2-4 minutes to increase circulation in the joints and improve flexibility. Followed by a gong healing sound that promotes further relaxation and stress relief

MAT PILATES

Mat Pilates is a dynamic workout that melds strength and grace into one fluid experience, designed to harness the power of your own body weight to sculpt and elongate every muscle group while a variety of props like bands, exercise balls, and small weights occasionally spice things up. Each session is a journey towards building a resilient core, aligning your posture with precision, and deepening your mind-body connection. Feel the stress melt away as you embrace a practice that not only fortifies your physical form but also nurtures your mental well-being, promotes a balanced lifestyle, and alleviates pain.

SGT- KETTLEBELL BURN

Kettlebell Burn is a high intensity, advanced class built to push your strength, conditioning, and mental grit. We use heavy swings, cleans, presses, squats, and get-ups in powerful intervals designed to build explosive strength and serious work capacity. Expect minimal rest, full-body tension, and smart programming that challenges both skill and stamina.

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

All attendees must have charging privileges, or a monthly or annual pass. Classes may be discontinued at due to low attendance. For questions please contact Jeannette.Pyle@sbhoa2.org. NO-SHOWS WILL BE CHARGED regardless if you have a pass. CLASS CANCELATIONS: Call DV Front Desk @ 520-818-1300.