



NOVEMBER 2023

FITNESS SCHEDULE

learn more and book online at sbhoa2.org/fitness



FITNESS CLASSES

CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM	POWER HOUR MARIPOSA ROOM WITH TOM SESSION BASED		POWER HOUR MARIPOSA ROOM WITH TOM SESSION BASED			
8:00 AM	FLOW & RESTORE MV BALLROOM WITH JEANNETTE	STRENGTH MARIPOSA ROOM WITH JEANNETTE	FLOW & RESTORE MV BALLROOM WITH JEANNETTE	STRENGTH MARIPOSA ROOM WITH JEANNETTE	YOGA FOR A HEALTHY BACK MV BALLROOM WITH JEANNETTE	STRENGTH MARIPOSA ROOM WITH ROTATING INSTRUCTORS
9:15 AM	CARDIO DANCE BLAST MARIPOSA ROOM WITH JEANNETTE	CORE CONDITIONING MARIPOSA ROOM WITH TARA	CARDIO DRUMMING MARIPOSA ROOM WITH TARA	CORE CONDITIONING MARIPOSA ROOM WITH TARA	CARDIO DANCE BLAST MARIPOSA ROOM WITH MICHELE	ZUMBA GOLD MARIPOSA ROOM WITH CHERYL
9:30 AM			PARKINSON'S CLASS PALOMA ROOM WITH MARCIA		PARKINSON'S CLASS PALOMA ROOM WITH MARCIA	
10:30 AM	SGT- SUSPENDEED ECCENTRIC BARRE RINCON ROOM WITH TERILEE	SGT - BALANCE & FALL PREVENTION MARIPOSA ROOM WITH MICHELE	BARRE GOLD MARIPOSA ROOM WITH TERILEE	SGT - BALANCE & FALL PREVENTION MARIPOSA ROOM WITH MICHELE	DESTINATION BARRE MARIPOSA ROOM WITH TERILEE SGT TRX & MORE RINCON ROOM WITH JEANNETTE	YIN YOGA MARIPOSA ROOM WITH LIZ
11AM/ 12PM /4PM	12PM TRX RINCON ROOM WITH TARA	4PM STRETCH MARIPOSA ROOM WITH KELLY	11AM TAI CHI II PALOMA ROOM WITH MARCIA SESSION BASED	4PM STRETCH MARIPOSA ROOM WITH KELLY	11AM BEGINNING TAI CHI PALOMA ROOM WITH MARCIA SESSION BASED	

AQUA CLASSES

9:00 AM	AQUA MIX MV POOL WITH ANNAMARIE		AQUA ARTICULATIONS & CARDIO MV POOL WITH MICHELE		TOTAL BODY AQUA MV POOL WITH KIM	AQUA INTERVALS MV POOL WITH ANNAMARIE
9:30 AM		WATER WALKING PRESERVE POOL WITH JEANNETTE		WATER WALKING PRESERVE POOL WITH JEANNETTE		

HOA2 FITNESS 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. | Session Based Classes vary per class and not included with the Unlimited Fitness Class Pass. Schedule Subject to Change without Notice.



SADDLEBROOKE TWO

2023 FITNESS CLASSES

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.

CARDIO DANCE BLAST

Move your body to upbeat music with joint-friendly, low-impact cardio! The first half of class includes easy to learn steps to strengthen your cardiorespiratory system! The second half of class covers strength training to work all muscle groups. It's so much fun you won't know you're working out.

PARKINSON'S CLASS

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

STRENGTH

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

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

ZUMBA GOLD

A Latin inspired cardio workout, incorporating dances such as merengue, salsa, cumbia, belly dancing and more! This class is different from regular Zumba in that it provides more verbal instruction to better learn the moves and is done at a slower pace. Great class for someone new to exercise or someone hesitant to try regular Zumba. You will have so much fun dancing, you will forget you're working out! It's exercise in disguise.

SGT - TRX

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.

SGT - TRX & MORE

Not only will we explore the TRX, but we will also explore other modalities to challenge and change our cardiovascular system, flexibility, and mobility. If you are looking for a one-of-a-kind full body workout. Look no further! This class is \$10 and is not eligible for the Monthly Class Pass

CORE CONDITIONING

Explore functional core movements while challenging your balance and stability. We'll use a variety of modalities to strengthen the core. From basic lifts to cardio movements, we'll work all areas of our core to strengthen our foundations

SBC - 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.

SPIN & YIN

Experience the heart pounding cardio benefits of cycling followed by the mind-blowing magic of yin yoga. We will combine approximately 30 minutes of cycling, great for all levels, with approximately 30 minutes of yin yoga. This class is a great way to become familiar with cycling and yoga.

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.

CARDIO DRUMMING

This class will help reduce the risk of falls by improving strength, balance, coordination, and flexibility. If you avoid exercise due to fear of falling, it will make falling more likely. Take steps to reduce your chance of falling! Physical activity can go a long way toward fall prevention.

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.

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: Email Jeannette.Pyle@sbhoa2.org.