



ACTIVITIES

There is always something happening here

Fitness Classes



Full Body Circuit AM - Monday/Wednesday 5:15 a.m. - Fitness Room
Visit stations targeting cardio, strength, plyometrics, and core. Maximize calorie burn and total body training in just 45 minutes! All levels. Fitness card or \$5 per session. Instructor Angel Riggs. Ongoing.

Water Aerobics AM - Monday/Wednesday 8 a.m. - Owners' Club Pool
Water provides an atmosphere of safe resistance for aerobic conditioning. This class is perfect for the fit, pregnant or joint-sensitive. You don't need to be a swimmer to participate. Fitness card or \$5 drop in. Instructor Lucey. Ongoing.

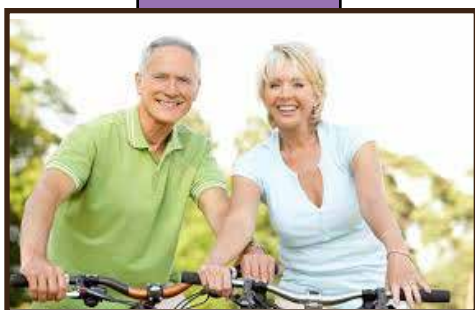


Senior Circuit AM - Monday/Wednesday 10 a.m.
This program is designed for seniors who are committed to living a healthy lifestyle. Learn how to implement strength training into your exercise routine by going from station to station and building strength while increasing range of motion, mobility, and balance. \$199 for 8 weeks, two classes per week. Minimum of 8 people required. Instructor Drew Saenz.



Group Personal Training PM - Monday/Wednesday 5 p.m. - Fitness Room
Good for beginning to intermediate fitness levels. 30 minutes. If you have any injury or special needs ask Drew for pricing for one-on-one personal training. \$100 per month for unlimited or \$125 per eight sessions. Instructor Drew Saenz.

Gym 101 AM - Tuesday/Thursday 7:30 a.m. - Fitness Room
Learn the basics of working out in the fitness room using machines, free weights, and body weight. Learn to break up workouts and get in cardio without spending hours at the gym. Basic nutrition discussed, too. 6 person limit. Registration required! 4 week class, 45 min. Fitness card or \$5 per session. Instructor Angel Riggs.



Pickleball Drop In - Tuesdays 8 a.m. - Pickleball Court
Beat the heat and come play drop in Pickleball at the court to the south of the Owners' Club. Bring your own supplies. FREE.

Fit Body AM - Tuesdays 9:50 a.m. - Fitness Room
Who says working out has to be boring? The work out varies from class to class. This is a full body, low impact workout to lively music builds muscle and tone/shapes your body using hand weights and a band. Fitness card or \$5 drop in. Instructor Donna.



Full Body Circuit PM - Tues./Thurs. 7 p.m. - Fitness Room
Visit stations targeting cardio, strength, plyometrics, and core. Maximize calorie burn and total body training in just 45 minutes! All levels. Fitness card or \$5 per session. Instructor Angel Riggs. Ongoing.

Fitness Classes

Yoga Stretch Class PM - Wednesday 6:30 p.m. - Owners' Club. **Starts Sept. 6.** Yoga stretching with traditional yoga combined with sports and functional stretching and strengthening that is appropriate for all levels of fitness. Bring a mat; loaners available. Fitness card or \$5 drop in. Instructor Donna.

Lap Swim AM - Weekdays - 9 a.m. - Owners' Club Pool
Sessions resume August 21. Bring your goggles and towel. Long-time swim coach and Mt. Bridge resident, Jim, is swimming laps at the pool weekdays for fun and fitness. Stroke and breathing tips and techniques if you need it. FREE.

Advanced Tennis AM - Saturdays 7 a.m. - OC Tennis Courts. Drop in advanced tennis for Mountain Bridge residents looking for a chance to play a game with neighbors.

Yoga Stretch Class AM - Saturdays 9 a.m. - Owners' Club
Yoga stretching with traditional yoga combined with sports and functional stretching and strengthening that is appropriate for all levels of fitness. Mats available, but bring your own if possible. Fitness card or \$5 drop in. Instructor Donna.

Zumba AM - Saturdays - 10 a.m. - Owners' Club
Let the music make you move! Join Donna for 45 minutes of cardio using energetic dance moves to invigorating music. Depending on your effort you can work off 500-1000 calories! Fitness card or \$5 drop in. Instructor Donna.

Peak Performance Tennis - Playing tennis lowers body fat, heart rate and blood pressure, improves muscle tone, strength, flexibility, and metabolic function. If those reasons aren't convincing, how about it's just plain fun! Owners' Club Tennis Courts: Tots - Wed. 2-3 p.m.; Youth - Tues & Thurs. 4-5 p.m.; and High School - Mon., Wed., and Thurs. 6:30 - 8 p.m. One hour clinics - \$15 a session. One and half hour clinics - \$22.50 a session. Tennis pro Justin Haag 602-250-6132.

Fun and Games

NEW - Mountain Bridge Softball League

Mountain Bridge has an intermediate, co-ed softball team through the City of Mesa Parks and Rec. Games are Sunday nights at a nearby field. The season is Aug. 1 - Sept. 30. Teams need at least 3 women and 7 guys. If you are interested, email Harlan hdolgin23@gmail.com.

Mexican Train - Mondays, 1 - 4 p.m. - Owners' Club
Mexican Train is a game played with dominoes. The game's most popular name comes from a special optional train that belongs to all players. New players always welcomed!

Fun and Games

Mah Jongg - Tuesdays, 1 - 5 p.m. - Owners' Club
A tile-based game originating in China during the Qing dynasty. Mah jongg is a game of skill, strategy, and calculation, and involves a degree of chance. The game is played with a set of 144 tiles based on Chinese characters and symbols. Players of all levels welcomed.

Hand and Foot - Fridays 6 to 10 p.m. - Owners' Club
On Hiatus until September. Come learn how to play Hand and Foot with resident Pam Lowry. New players welcomed! Hand and Foot is a version of Canasta (closely related to Pennies from Heaven) where each player is dealt two sets of cards - the "hand" and the "foot."

Mountain Abridged Book Club - Meets the second Thursday, 7 p.m., Owners' Club
Our August book club pick is "Before the Fall" by screenwriter and TV producer Noah Hawley. This book received a ton of buzz in 2016 and was considered one of the top thrillers. THE ENDING will leave you wanting to discuss this book! Text or call Sarah, 480-229-7974

Ping Pong a.k.a. Table Tennis - Owners' Club Patio
Available most days/times, unless stowed away during a private or community event. First come, first serve. If someone else is waiting please invite them to join in the fun or limit play time to 30 minutes. Paddles and balls available.

Putting Green - Grab your putter and a golf ball and brush up on your short game. Putting green is located east of the Pickleball court at the Owners' Club. The flags are numbered so you can putt through the holes 1- 9. Or make up your own practice exercise.

Arts and Crafts

Wine & Canvas - First Thursday, 6:15 p.m. - Owners' Club
You don't need to know how to paint to create an acrylic masterpiece on canvas. Join Carol as she shows you how to paint step-by-step. All the supplies are included from brushes to apron. Bring your own beverage and a snack to share. \$39 per person (save \$5 when you bring a friend). See this month's creation and register for class: benallyart@yahoo.com.

Quilt Club - Second Tuesday, 6 p.m. - Owners' Club
Join us for the Mountain Bridge Quilt Club. A great group of artists who love fabric, sharing ideas, The first visit is a "getting to know you" meeting so bring along a show and tell (or two), and we can plan what we would like to do from there on in. We can work on projects of our own, do show and tells, charity work whatever! But let's all talk about it at the first meeting. Text Jackie, 480-454-3891. FREE.

See an error? Want information included, removed, or updated? Email LBrennan@ccmcnet.com