

The ACC Community Center houses a fully equipped fitness center, complete with free weights, circuit machines, cardio machines, group exercise classes and several extra fitness programs. There are opportunities to work with a personal trainer and participate in a variety of programs focused on health.

The Anthem Civic Building is the site for quiet Mind & Body classes, such as Tai Chi, Yoga and Pilates. Classes are on the same drop-in fee structure as those in the ACC Community Center, unless marked with an asterisk. Asterisked classes require fees and registration based on the current Activity Guide.

Adventure Club

The Community Center Adventure Club provides a positive and fun environment for children 6 mos.-9 yrs. Parents may drop off their children for a maximum of two hours per day. This gives parents the opportunity to work out, try a fitness class or a tennis lesson, take a dip in the lap pool or even just read a book poolside.

Hours:

M-F: 8 a.m.-1 p.m./4-7 p.m.

Sat: 8 a.m.-1 p.m. *(no evening hours)*

Sun: Closed

Personal Trainers

- **Assess your level of fitness**
- **Design your fitness plan**
- **Help you set your goals**
- **Help you to reach your fitness goals**
- **Provide feedback**
- **Observe your form and correct your alignment**
- **Build self-confidence**



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Health and Wellness

41130 N. Freedom Way
Anthem, AZ 85086

623-879-3011
OnlineAtAnthem.com

Personal Training



One-on-one workout options with a host of certified personal trainers help you meet any personal goal at any skill level.

60-minute Sessions

30-minute Sessions

Small Group Sessions

Personal Trainer bios can be found on the fitness floor or OnlineAtAnthem.com

For more information about personal training:

bmcdowell@anthemcouncil.com

Fitness Programs

Parent/Teen Certification

Taught by a certified personal trainer, who will guide both parents and teens through the regulations of the fitness floor, safe exercises and general fitness questions. Upon completion of the class, teens (12-13 yrs.) will be able to work out alongside parents.

Classes offered every other month; see the current Activity Guide or Front Desk for class days & times.

Kung Fu

Northern Shaolin Kung Fu is the original and strongest martial arts total body workout. This class teaches self defense, balance, and power with discipline for mind and body.

Adult and youth classes offered.

See the current Activity Guide or Front Desk for class days & times.

Additional fitness programs offered. See the current Activity Guide for more information.

Group Fitness Classes



Group Fitness Pricing

Drop-In—\$5

12-Punch Pass—\$40

24-Punch Pass—\$65

1 Month Unlimited—\$49

3 Month Unlimited—\$110

6 Month Unlimited—\$189