

Montecito Fitness Schedule – January 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7:00 AM		Zumba \$4 – Michelle		Zumba \$4 – Michelle			Class Passes Annual Pass \$250 Unlimited \$4 Classes Sold January 1 – January 31 Monthly Pass \$50 Unlimited \$4 Classes for That given Month 10 \$4 Class Pass \$40 Plus 10% Off Pass Restrictions \$8 Classes Annual and Monthly Pass Holders Will Pay an Additional \$4 to Attend and 10 \$4 Class Pass Holders Will Use Two Slots of the Pass Please Silence Cell Phones Arriving Five Minutes Past Beginning of Class Will Not Be Allowed Reformer Pilates Classes Sign up and Purchase Your 10 Class Pass at Montecito Front Desk Check or Credit Card Only Semi-Private Reformer Available upon Request, Check Montecito Fitness Desk for Packages and Pricing
8:00 AM	Body Sculpt \$4 – Angel	Total Body Strength \$4 – Marlana	Body Sculpt \$4 – Angel	Core & Stretch Free Class Forest	Total Body Tabata \$4 – Marlana	Total Body Endurance & Strength Free Class Forest	
9:00 AM	Zumba \$4 – Angel	Yoga Balance & Strength \$4 – Melinda	Zumba \$4 – Angel	Yoga Balance & Strength \$4 – Melinda	Zumba \$4 – Rosy	Open Line Dance Free Class	
9:30 AM			Aqua Cardio/Balance \$4 – Karen		Aqua Cardio/Balance \$4 – Karen		
10:00 AM	Mat Core Pilates \$4 – Angel	Cardio & Strength \$4 – Amy	Beginner Yoga \$4 – Angel	Zumba Toning \$4 – Angel	Chair Yoga & Stretch \$4 – Marlana		
11:00 AM	Aqua Zumba \$4 – Rosa	Aqua Fitness \$4 – Amy	Reformer Pilates II (Intermediate) \$12 – Justin	Aqua Fitness \$4 – Amy			
	Reformer Pilates II (Intermediate) \$12 – Brenna			Reformer Pilates I-II (Basic- Intermediate) \$12 – Pam			
12:00 PM	Reformer Pilates I-II (Basic- Intermediate) \$12 – Brenna		Reformer Pilates I-II (Basic- Intermediate) \$12 – Justin	Intro to Pilates \$12 – Pam	Lively Liners (Advanced Transition) 12:00 – 1:00 PM Chartered Club Membership Required		
1:00 PM	Lively Liners (Beginner 1) 1:00 – 2:00 PM	Lively Liners (Beginner Review) 1:00 – 2:00 PM	Lively Liners (Intermediate Transition) 1:00 – 1:30 PM Lively Liners (Intermediate) 1:30 – 3:00 PM	Thera-Band 1:30 PM Free Class Dr. Eric Max 40/Class	Lively Liners (Advanced) 1:00 – 2:00 PM		
	Lively Liners (Beginner 2) 2:00 – 3:00 PM	Chartered Club Membership Required			Chartered Club Membership Required		
2:45 PM	Lively Liners (Advanced) 4:00 – 5:00 PM Chartered Club Membership Required	Chair Yoga & Stretch \$4 – Marlana	Chartered Club Membership Required				
5:00 PM				Lively Liners (Intermediate Review) Chartered Club Membership Required			
6:30 PM		Tai Chi Qigong Level II \$8 – Dr. Hamilton					

Santa Rosa Fitness Schedule – January 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:00 AM	Cardio Kickboxing \$4 – Marlana	Stretch Free Class Forest	Zumba \$4 – Rosy	BarreAbove \$4 – Marlana			<p>To Help Ensure Your Spot Please Arrive 10 Minutes Early</p> <p>Mind-body Classes Such as Yoga, Pilates, and Meditation Are Recommended to Be Done Barefoot (NS) = (No Shoes)</p> <p>Refrain from the Usage of Perfume or Cologne When Participating in Classes</p> <p>Please Silence Cell Phones</p> <p>We Only Accept Checks or Credit Cards Payable to "SCSHCA"</p> <p>Thanks for Your Cooperation</p> <p>Schedule Is Subject to Change</p>
8:30 AM						Yan Vinyasa Yoga (NS) \$4 – Leesann	
9:00 AM	Silver Fit \$4 – Marlana	Abs & Buns \$4 – Marlana	Pilates (NS) 9-9:45 \$4 – Amy	Silver Fit \$4 – Bonnie	Yoga (NS) \$4 – Amy		
9:30 AM						Guided Meditation (NS) \$4 – Leesann	
9:50 AM			Gentle Yoga 9:50-10:40 (NS) \$4 – Amy				
10:00 AM	Yoga (NS) \$4 – Amy				Progressive Movement Free Class Forest		
10:30 AM						Tai Chi Qigong Level I \$8 – Dr. Hamilton	

Fitness Etiquette

Wipe machines, mats, and cardio equipment after each use. Re-stack your weights and return equipment to original location. Limit cardio equipment usage to 30 minutes. Arrive to class on time. Share and be respectful of others.

Turn cell phones off or silent during classes.

Chair Massage

\$1 a minute

10:00 AM – 2:00 PM, Mondays and Wednesdays

For questions, contact the Montecito Fitness Center at 760-345-4349 Ext. 2111