

# Montecito Fitness Schedule – February 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7:00 AM		Zumba \$4 – Michelle		Zumba \$4 – Michelle			<b>Class Passes</b>  <b>Annual Pass</b> \$250 Unlimited \$4 Classes Sold January 1 – January 31  <b>Monthly Pass</b> \$50 Unlimited \$4 Classes for That given Month  <b>10 \$4 Class            Pass</b> \$40 Plus 10% Off  <b>Pass            Restrictions</b>  <b>\$8 Classes</b> 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  <b>Please Silence            Cell Phones</b>  <b>Arriving Five            Minutes Past            Beginning of            Class Will Not            Be Allowed</b>  <b>Reformer            Pilates            Classes</b>  Sign up and Purchase Your 10 Class Pass at Montecito Front Desk Check or Credit Card Only  <b>Semi-Private            Reformer</b>  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 1:15 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 – February 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<p>To Help Ensure Your Spot Please Arrive 10 Minutes Early</p> <p>Wait until room is empty to go inside</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>Schedule Is Subject to Change</p> <p><i>Thanks for Your Cooperation</i></p>
8:00 AM	Cardio Kickboxing \$4 – Marlana	Stretch Free Class Forest	Zumba \$4 – Rosy	BarreAbove \$4 – Marlana			
8:30 AM						80 Min (8:30-9:50) Yan Vinyasa Yoga (NS) \$8 – 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		
9:50 AM			Gentle Yoga 9:50-10:40 (NS) \$4 – Amy				
10:00 AM	80 Min (10:00-11:20) Yoga (NS) \$8 – Amy				Progressive Movement Free Class Forest		
10:30 AM						Tai Chi Qigong Level I \$8 – Dr. Hamilton	

*After morning group exercise classes, the Pismo/Newport rooms are not available due to Charter Club activities.*

### 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