

July 2021 Fitness Class Schedule

Rules and Procedures: Members must check-in for a class at the front desk. Members will be allowed to check-in no more than 10 minutes prior to a class. All classes start on time. No late entries. Please silence all cell phones during class time.

Monday		Thursday	
<u>Montecito Fitness Center</u>	<u>Santa Rosa Clubhouse</u>	<u>Montecito Fitness Center</u>	<u>Santa Rosa Clubhouse</u>
9:00 am - Zumba; Angel 10:00 am - Traditional Yoga I; Angel 11:30 am - Mat Pilates I; Justin 12:30 pm - Reformer Pilates I-II; Justin 1:30 pm - Lively Liners (Beginner 1 & 2) 4:00 pm - Lively Liners (Advanced)		9:00 am - Mat Pilates II; Angel 10:00 am - Zumba Toning; Angel 12:00 pm - Reformer Pilates I-II; Justin 1:00 pm - Thera - Band; Dr. Eric 5:00 pm - Lively Liners (Intermediate)	8:00 am - Total Body Strength; Bonnie 9:00 am - Balance & Stretch; Bonnie 10:00 am - Barre Above; Marlana 11:00 am - Chair Yoga; Marlana
Tuesday		Friday	
<u>Montecito Fitness Center</u>	<u>Santa Rosa Clubhouse</u>	<u>Montecito Fitness Center</u>	<u>Santa Rosa Clubhouse</u>
8:00 am - Strength & Core; Bonnie 9:00 am - Silver Fit; Bonnie 1:00 pm - Lively Liners (Beginner)	9:00 am - Total Body Strength; Marlana 9:00 am - Water Yoga & Ai Chi; Melinda 10:00 am - Silver Fit; Marlana 11:00 am - Chair Yoga ; Marlana	9:00 am - Zumba; Rosy 1:00 pm - Lively Liners (Advanced)	9:00 am - Vinyasa Yoga Level I-II; Leesann
Wednesday		Saturday	
<u>Montecito Fitness Center</u>	<u>Santa Rosa Clubhouse</u>	<u>Montecito Fitness Center</u>	<u>Santa Rosa Clubhouse</u>
9:00 am - Mat Pilates I; Angel 10:00 am - Traditional Yoga I; Angel 1:00 pm - Lively Liners (Intermediate)	8:00 am - Zumba; Rosy	10:00 am - Lively Liners (Open Dancing)	