

Fitness Class Schedule

October 2021

Fitness Center Hours

Montecito: 5:00 AM – 8:00 PM Daily
 Santa Rosa: 6:00 AM – 9:00 PM Daily
 (760) 345-4349

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Montecito Fitness Center					
<p>8:00AM-Interval Training \$6 Angel</p> <p>9:00 AM - Zumba \$6 Angel</p> <p>10:00 AM - Yoga I \$6 Angel</p> <p>11:00 AM - Aqua Fitness \$6 Angel</p> <p>11:30 AM - Mat Pilates I \$6 Justin</p> <p>12:30 PM - Reformer Pilates I -II \$17 Justin</p> <p>1:30 PM - Lively Liners -Beginners 1&2</p> <p>3:30 PM - Lively Liners-Advanced</p>	<p>1:00 PM - Lively Liners Beginners</p> <p>2:00 PM - Circuit Training- Fernando(Free)</p>	<p>8:00AM- Interval Training \$6 Angel</p> <p>9:00 AM - Mat Pilates - I \$6 Angel</p> <p>10:00 AM -Yoga I \$6 Angel</p> <p>11:00 AM -Aqua Fitness \$6 Angel</p> <p>1:00 PM - Lively Liners (Intermediate)</p>	<p>9:00 AM - Mat Pilates I-II \$6 Angel</p> <p>10:00 AM - Zumba Toning \$6 Angel</p> <p>11:00 PM - Reformer Pilates I-II \$17 Justin</p> <p>12:00 PM - Reformer Pilates I-II \$17 Justin</p> <p>1:00 PM -Thera-Band with Dr. Eric (Free)</p> <p>5:00 PM - Lively Liners (Intermediate Review)</p>	<p>9:00 AM - Zumba \$6 Rosy</p> <p>10:00 AM - Stretch & Relax- Fernando (Free)</p> <p>10:00AM- Water Yoga Indoor Pool \$6 Angel</p> <p>11:00AM- Reformer Pilates \$17 Angel</p> <p>1:00 PM - Lively Liners (Advanced)</p>	<p>Open Line Dancing 9:00AM - 11:00AM</p>
Santa Rosa Clubhouse					
<p>8:00 AM - Simply Stretch-Fernando (Free)</p> <p>11:00 AM - Water Yoga & Ai Chi \$6 Melinda</p> <p></p>	<p>8:00 AM - Total Body Strength \$6 Marlana</p> <p>9:00 AM -Water Yoga & Ai Chi \$6 Melinda</p> <p>9:00 AM - Silver Fit \$6- Marlana</p> <p>10:00 AM - Chair Yoga \$6 Marlana</p>	<p>7:30 AM - Zumba \$6 Rosy</p> <p>2:00 PM - Circuit Training- Fernando(Free)</p>	<p>9:00AM Silver Fit \$6 Marlana</p> <p>10:00 AM - Barre Above \$6 Marlana</p> <p>11:00 AM - Chair Yoga \$6 Marlana</p>	<p>9:00 AM - Vinyasa Yoga Level I-II \$6 Leesann</p>	<p></p>

Class Descriptions

Simply Stretch ~ Free Class

Stretch offers a wide-range of dynamic stretches from the beginner to intermediate level. Benefits include an improvement in circulation, mobility, low back pain, and postural alignment-all while developing a stronger core.

Stretch & Relax ~ Free Class

Static stretching is a safe and effective way to improve overall flexibility. This is a beginner level stretch class. Exercises are done both standing and lying on a mat. Benefits include an improvement in circulation, low back pain, and postural alignment-all while developing a stronger core.

Circuit Training ~ Free Class

This strength class is performed circuit style. It's an efficient and energizing form of conditioning which develops strength, endurance, flexibility, and coordination utilizing a variety of exercises and workout stations.

Aqua Fitness

An all around fun class that incorporates cardio and strength utilizing water weights and noodles. All fitness levels welcome!

Zumba

This class features exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating.

Zumba Toning

It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance Fitness-Party.

Yoga

A complete practice from meditation to final relaxation and all components of yoga from therapeutic movement, balancing, strengthening to holding poses and deep stretching.

Mat Pilates (Level I and II)

Offers a blend of beginner and intermediate level exercises to help strengthen the core. Core muscles include spinal flexors, spinal extensors, hip flexors and hip extensors.

Water Yoga & Ai Chi

The benefits of Water Yoga include less stress on the joints, no fear of falling, gaining stability and working with resistance. Ai Chi, therapeutic Japanese water movements, is a practice everyone can do, it is highly effective for pain management, relaxation, and calming of the mind. No swimming experience required.

Reformer Pilates (Level I-II)

A Beginner/ Intermediate level reformer class intended for students with previous experience on the reformer. It is designed to improve functional movement, sports performance and physical activity. It will challenge your core, arms, legs, balance, stamina, and agility. We will integrate exercises on the reformer with other small pieces of equipment to maximize the workout.

Silver Fit

An excellent class for all fitness levels. Enjoy the best of the "old time" music while getting a total body workout. The format of the exercises includes both standing and seated positions. Come join us and improve your strength, mobility and balance.

Chair Yoga

A gentle form of yoga that is practiced sitting and/or using a chair. Chair Yoga is a great practice for everyone as it deepens flexibility while providing extra support.

Balance, Stretch & Agility

This class will combine the fundamentals of static and dynamic stretching, functional movement, and balancing postures- using the chair and/or ballet bar (but not limited to).

Yin Yang / Vinyasa

Yoga Yin Yang/ Vinyasa Yoga is a dynamic flow of fun and challenging postures. It begins with a Yang-style flow targeting the muscles and respiratory system, following postures targeting the joints and ligaments in a Yin-style practice.

Interval Training

Get your body moving with "old school style" low impact aerobics! Move to best of the retro, disco and funky time beats. Sprinkle in some "moving resistance" and core work for this sure to be invigorating workout! Watch out- it may be habit forming!

Total Body Strength

This challenging strength training class will lead you through a variety of exercises with weights to strengthen and tone the entire body. Standing, sitting and floor work will aid in building muscle, improve bone density, and decrease body fat!

Barre Above

Barre Above is an effective and empowering class that fully conditions the body, utilizing a slider, small ball, and light hand weights while holding onto a chair. This low impact workout incorporates lower, upper, and core exercises with a focus on flexibility, balance, stability, and strength.

