

Fitness Class Schedule

November 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>9:00 AM ~ Aqua Fitness \$6- Tiffani</p> <p>10:00 AM ~ Yoga I \$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>6:00 PM ~ Pom Squad</p>	<p>9:00AM ~ Aqua Fitness Outdoor Pool -\$6 Tiffani</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>9:00 AM ~ Aqua Fitness \$6- Tiffani</p> <p>10:00 AM ~ Yoga I (\$6-Angel)</p> <p>1:00 PM ~ Lively Liners Intermediate</p> <p>6:00 PM ~ Pom Squad</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>9:00AM Open Line Dancing</p> <p>10:00AM Intermediate-Advance Transition</p> <p>10:00AM~ Aqua Fitness Indoor Pool \$6 Tiffani</p>
Santa Rosa Clubhouse					
<p>11:00 AM ~ Zen Flow \$6- Melinda</p>	<p>8:00 AM ~ Total Body Strength \$6-Marlena</p> <p>9:00 AM ~ Silver Fit \$6- Marlena</p> <p>10:00 AM ~ Chair Yoga \$6 Marlena</p>	<p>7:30 AM ~ Zumba \$6 Rosy</p> <p>2:00 PM ~ Circuit Training- Fernando(Free)</p>	<p>9:00AM Aqua Fitness Outdoor Pool \$6 Tiffani</p> <p>9:00 AM Silver Fit \$6 Marlena</p> <p>10:00 AM ~ Barre Above \$6 Marlena</p> <p>11:00 AM ~ Chair Yoga \$6 Marlena</p>	<p>9:00 AM ~ Vinyasa Yoga Level I-II \$6 Leesann</p> <p>11:00 AM ~ Zen Flow \$6- Melinda</p>	

