

Fitness Class Schedule

December 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>9:00AM Zumba \$6 Angel</p> <p>9:00AM Aqua Fitness \$6 Tiffani</p> <p>10:00AM Aqua Fitness Indoor Pool \$6 Tiffani</p> <p>10:00AM Yoga I \$6 Angel</p> <p>11:30AM Reformer Pilates I -II \$17 Justin</p> <p>12:30PM Reformer Pilates I -II \$17 Justin</p> <p>1:30PM Lively Liners Beginners 1&2</p> <p>3:30PM Lively Liners Advanced</p> <p>6:00PM Pom Squad</p>	<p>9:00AM Aqua Fitness With Julie (Free)</p> <p>10:30AM Cardio Pilates With Julie (Free)</p> <p>1:00PM Lively Liners Beginners</p>	<p>8:00AM Interval Training \$6 Angel</p> <p>9:00AM Mat Pilates I \$6 Angel</p> <p>9:00AM Aqua Fitness \$6 Tiffani</p> <p>10:00AM Aqua Fitness Indoor Pool \$6 Tiffani</p> <p>10:00AM Yoga I \$6 Angel</p> <p>11:00AM Balance & Core \$6 Angel</p> <p>1:00PM Lively Liners Intermediate</p> <p>6:00PM Pom Squad</p>	<p>9:00AM Mat Pilates I-II \$6 Angel</p> <p>10:00AM Zumba Toning \$6 Angel</p> <p>11:00AM Reformer Pilates I-II \$17 Justin</p> <p>12:00PM Reformer Pilates I-II \$17 Justin</p> <p>1:00PM Thera-Band with Dr. Eric (Free)</p> <p>5:00PM Lively Liners Intermediate Review</p>	<p>9:00AM Zumba \$6 Rosy</p> <p>10:00AM Water Yoga Indoor Pool \$6 Angel</p> <p>11:00AM Reformer Pilates \$17 Angel</p> <p>11:00AM Meditation \$6 Angel</p> <p>1:00PM Lively Liners Advanced</p>	<p>9:00AM Open Line Dancing</p> <p>10:00AM Intermediate-Advance Transition</p>
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Santa Rosa Clubhouse

<p>8:00AM Tabata \$6 Marlana</p> <p>9:00AM Stretch \$6 Marlana</p> <p>11:00AM Zen Flow \$6 Melinda</p>	<p>8:00AM Total Body Strength \$6 Marlana</p> <p>9:00AM Silver Fit \$6 Marlana</p> <p>10:00AM Chair Yoga \$6 Marlana</p>	<p>7:30AM Zumba \$6 Rosy</p>	<p>9:00AM Silver Fit \$6 Marlana</p> <p>10:00AM Barre Above \$6 Marlana</p> <p>11:00AM Chair Yoga \$6 Marlana</p>	<p>8:00AM Cardio Blast \$6 Marlana</p> <p>9:00AM Vinyasa Yoga Level I-II \$6 Leesann</p> <p>11:00AM Zen Flow \$6 Melinda</p>	<p>9:00AM Vinyasa Yoga Level I-II \$6 Leesann</p>
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