

Fall into Fitness

October, 25 – December 3rd

Monday

7am

Morning Walk

Montecito Fitness Center- Toni

8am

Tabata

Santa Rosa-Marlena

9am

Stretch

Santa Rosa-Marlena

2pm

Circuit Training

Santa Rosa - Marlena

Tuesday

7am

Morning Walk

Santa Rosa-Marlena

Wednesday

7am

Morning Walk

Montecito Fitness Center-Toni

8:30am

Chair Yoga

Santa Rosa-Marlena

11am

Balance & Core

Montecito Fitness Center-Angel

Thursday

7am

Morning Walk

Santa Rosa-Marlena

Friday

7am

Morning Walk

Montecito Fitness Center-Toni

8am

Cardio Blast

Santa Rosa Fitness Center – Marlena

12pm

Meditation

Montecito Fitness Center-Angel