

JANUARY-2022 Montecito Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 am Interval Training \$6 Angel		8:00 am Interval Training \$6 Angel			
9:00 am Zumba \$6 Angel	9:00 am Cardio Pilates With Julie (Free)	9:00 am Mat Pilates I \$6 Angel	9:00 am Mat Pilates I-II \$6 Angel	9:00 am Zumba \$6 Rosy	9:00 am Open Line Dancing
10:00 am Aqua Fitness \$6 Tiffani	10:00 am Aqua Fitness With Julie Outdoor Pool (Free)	10:00 am Aqua Fitness \$6 Tiffani	10:00 am Zumba Toning \$6 Angel	10:00am Water Yoga \$6 Angel	10:00 am Lively Liners Intermediate-Advance Transition
10:00 am Yoga I \$6 Angel		10:00 am Yoga I \$6 Angel	10:00 am Aqua Fitness With Julie Indoor Pool(Free)		
11:30 am Reformer Pilates I-II \$17 Justin		11:00 am Balance & Core \$6 Angel	11:00 am Reformer Pilates I-II \$17 Justin	11:00am Reformer Pilates \$17 Angel	Fitness Center Hours Montecito: 5:00 AM – 8:00 PM Daily (760) 345-4349 Ext-2111 Santa Rosa: 6:00 AM – 9:00 PM Daily (760) 345-4349 Ext-2201
12:30 am Reformer Pilates I-II \$17 Justin	12:00 pm Balance Chair & Core With Julie (Free)		12:00 pm Reformer Pilates I-II \$17 Justin	12:00 pm Meditation \$6 Angel	
1:30 pm Lively Liners Beginners 1&2	1:00 pm Lively Liners Beginners	1:00 pm Lively Liners Intermediate Review	1:00 pm Thera-Band with Dr. Eric (Free)	1:00 pm Lively Liners Advanced	
3:30 pm Lively Liners Advanced			5:00 pm Lively Liners Intermediate Review		
6:00 pm Pom Squad		6:00 pm Pom Squad			

JANUARY- 2022 SANTA ROSA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 am Tabata \$6 Marlana	8:00 am Total Body Strength \$6 Marlana	7:30 am Zumba \$6 Rosy	8:00 am Barre Above \$6 Marlana	8:00 am Cardio Blast \$6 Marlana	9:00 am Vinyasa Yoga Level I-II \$6 Leesann 
9:00 am Stretch \$6 Marlana	9:00 am Silver Fit \$6 Marlana		9:00 am Silver Fit \$6 Marlana	9:00 am Vinyasa Yoga Level I-II \$6 Leesann	
11:00 am Zen Flow \$6 Melinda	10:00 am Chair Yoga \$6 Marlana		10:00 am Chair Yoga \$6 Marlana	11:00 am Zen Flow \$6 Melinda	