

# May-2022 Montecito Fitness Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 am Cardio Plus \$ 6 Angel	8:00 am Upper Body Boot Camp \$6 Sergio		8:00 am Lower Body Boot Camp \$6 Sergio		
9:00 am Zumba \$6 Angel		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 Indoor Pool	10:00 am Aqua Fitness \$6 Tiffani Indoor Pool		10:00am Water Yoga \$6 Angel Indoor Pool	10:00 am Lively Liners Intermediate-Advance Transition
10:00 am Yoga I \$6 Angel		10:00 am Yoga I \$6 Angel			<b>Fitness Center Hours</b> <b>Montecito:</b> 5:00 AM – 8:00 PM Daily (760) 345-4349 Ext-2111 <b>Santa Rosa:</b> 6:00 AM – 9:00 PM Daily (760) 345-4349 Ext-2201
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	
12:30 am Reformer Pilates I-II \$17 Justin			12:00 pm Reformer Pilates I-II \$17 Justin		
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 Dr. Eric Free	1:00 pm Lively Liners Advanced	
3:30 pm Lively Liners Advanced					
6:00 pm Pom Squad		6:00 pm Pom Squad	5:00 pm Lively Liners Intermediate Review		

## May- 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	8:00 am Total Body Strength \$6 Marlana
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	9:00 am Vinyasa Yoga Level I-II \$6 Leesann
11:00 am Gentle Stretch Strength \$6 Melinda	10:00 am Chair Yoga \$6 Marlana	8:30 am Tabata \$6 Marlana	10:00 am Chair Yoga \$6 Marlana	11:00 am Water Stretch Strength \$6 Melinda	
		12:00 pm Weight Room Circuit Amber Free			