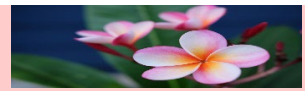


June - 2022 Montecito Fitness Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				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	11:00 am Water Stretch Strength \$6 Melinda Indoor Pool		10:00 am Lively Liners Intermediate- Advance Transition
11:30 am Reformer Pilates I-II \$17 Justin	11:00 am Yoga \$6 Melinda	11:00 am Yoga \$6 Melinda	11:00 am Reformer Pilates I-II \$17 Justin	12:00 pm Chair Yoga \$6 Melinda	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 pm Mat Pilates \$6 Justin	1:00 pm Lively Liners Beginners -I & II Review	1:00 pm Lively Liners Intermediate - I	1:00 pm Thera- Band Dr. Eric Free	1:00 pm Lively Liners Advanced	
1:30 pm Lively Liners Beginners I & II		2:00 pm Lively Liners Intermediate - II			
3:30 pm Lively Liners Advanced					
6:00 pm Pom Squad		6:00 pm Pom Squad	5:00 pm Lively Liners Intermediate I & II Review		



June - 2022 Santa Rosa

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 am Tabata \$6 Marlena	8:00 am Total Body Strength \$6 Marlena	7:30 am Zumba \$6 Rosy	8:00 am Barre Above \$6 Marlena	8:00 am Cardio Blast \$6 Marlena	8:00 am Total Body Strength \$6 Marlena
9:00 am Stretch \$6 Marlena	9:00 am Silver Fit \$6 Marlena		9:00 am Silver Fit \$6 Marlena	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 Marlena	8:30 am Tabata \$6 Marlena	10:00 am Chair Yoga \$6 Marlena	11:00 am Water Stretch Strength \$6 Melinda	
		12:00 pm Weight Circuit Amber Free			