

August - 2022 Montecito Fitness Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 am Zumba \$6 Yvette		8:00 am Boom Fit \$6 Cheryl		8:00 am Silver Fit \$6 Cheryl	9:00 am Open Line Dancing
	9:00 am Moving to the Music \$6 Tiffani	9:00 am Balance & Stretch \$6 Cheryl		9:00 am Zumba \$6 Rosy	
10:00 am Aqua Fitness \$6 Tiffani Indoor Pool	10:00 am Aqua Fitness \$6 Tiffani Indoor Pool	10:00 am Aqua Fitness \$6 Tiffani Indoor Pool	10:00 am Water Stretch Strength \$6 Melinda Indoor Pool		10:00 am Lively Liners Intermediate- Advance Transition
		10:00 am Body Toning \$6 Cheryl			
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		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			12:00 pm Mat Pilates \$6 Justin		
1:30 pm Lively Liners Beginners I & II	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	
3:30 pm Lively Liners Advanced		2:00 pm Lively Liners Intermediate - II	4:00 pm Lively Liners Intermediate I & II Review		
6:00 pm Pom Squad		6:00 pm Pom Squad			

August - 2022 Santa Rosa

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 am Silver Circuit \$6 Cheryl		7:30 am Zumba \$6 Rosy			
9:00 am Total Body Strength \$6 Cheryl		9:00 am Water Stretch Strength \$6 Melinda	9:00 am Zumba \$6 Yvette	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 pm Chair Yoga \$6 Melinda		10:00 am Meditation \$6 Leesann	
					11:00 am Water Stretch Strength \$6 Melinda