

July - 2022 Montecito Fitness Center

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|---|---|
| | 9:00 am Dance Party \$6 Tiffani | 8:00 am Boom Fit \$6 Cheryl July 13 New Class | | 8:00 am Silver Fit \$6 Cheryl July 15 New Class | 9:00 am Open Line Dancing |
| 10:00 am Aqua Fitness \$6 Tiffani Indoor Pool | 10:00 am Aqua Fitness \$6 Tiffani Indoor Pool | 9:00 am Balance & Stretch \$6 Cheryl July 13 New Class | 10:00 am Water Stretch Strength \$6 Melinda Indoor Pool | 9:00 am Zumba \$6 Rosy | 10:00 am Lively Liners Intermediate-Advance Transition |
| 11:30 am Reformer Pilates I-II \$17 Justin | 11:00 am Yoga \$6 Melinda | 10:00 am Body Toning \$6 Cheryl July 13 New Class | 11:00 am Reformer Pilates I-II \$17 Justin | | <p>Fitness Center Hours Montecito: 5:00 AM – 8:00 PM Daily (760) 345-4349 Ext-2111</p> <p>Santa Rosa: 6:00 AM – 9:00 PM Daily (760) 345-4349 Ext-2201</p> |
| 12:30 pm Mat Pilates \$6 Justin | | 10:00 am Aqua Fitness \$6 Tiffani Indoor Pool | 12:00 pm Mat Pilates \$6 Justin | 12:00 pm Chair Yoga \$6 Melinda | |
| 1:30 pm Lively Liners Beginners I & II | 1:00 pm Lively Liners Beginners - I & II Review | 11:00 am Yoga \$6 Melinda | 1:00 pm Thera-Band Dr. Eric Free | 1:00 pm Lively Liners Advanced | |
| 3:30 pm Lively Liners Advanced | | 1:00 pm Lively Liners Intermediate - I | 4:00 pm Lively Liners Intermediate I & II Review | | |
| 6:00 pm Pom Squad | | 2:00 pm Lively Liners Intermediate - II | | | |
| | | 6:00 pm Pom Squad | | | |

July - 2022 Santa Rosa

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---------|---|----------|---|---|
| 8:00 am Silver Circuit \$6 Cheryl July 25 New Class | | 7:30 am Zumba \$6 Rosy | | | |
| 9:00 am Total Body Strength \$6 Cheryl July 25 New Class | | | | 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 Meditation \$6 Leesann | |
| | | 12:00 pm Weight Circuit Amber Free | | 11:00 am Water Stretch Strength \$6 Melinda | |