



# October - 2022 Montecito Fitness Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 am Walking the Distance <b>Free</b>		7:00 am Walking the Distance <b>Free</b>		7:00 am Walking the Distance <b>Free</b>	9:00 am Open Line Dancing
9:00 am Zumba \$6 Yvette	9:00 am Moving to the Music \$6 Tiffani	8:00 am Boom Fit \$6 Cheryl	9:00 am Qi Gong \$6 Melinda	8:00 am Silver Fit \$6 Cheryl	
10:00 am Aqua Fitness \$6 Tiffani <b>Indoor Pool</b>	10:00 am Aqua Fitness \$6 Tiffani <b>Indoor Pool</b>	9:00 am Balance & Stretch \$6 Cheryl	10:00 am Water Stretch Strength \$6 Melinda <b>Indoor Pool</b>	9:00 am Zumba \$6 Rosy	<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	10:00 am Mat Pilates \$6 Elizer	10:00 am Aqua Fitness \$6 Tiffani <b>Indoor Pool</b>	11:00 am Reformer Pilates I-II \$17 Justin	10:00 am Boom Fit \$6 Cheryl	
12:30 pm Mat Pilates \$6 Justin	11:00 am Reformer Pilates I-II \$17 Elizer	10:00 am Body Toning \$6 Cheryl	12:00 pm Mat Pilates \$6 Justin	12:00 pm Chair Yoga \$6 Melinda	
1:30 pm Lively Liners (FREE Intro to Line Dancing)	1:00 pm Lively Liners (Beginners Review)	11:00 am Yoga \$6 Melinda	1:00 pm Thera-Band Dr. Eric <b>Free</b>		
2:00 pm Lively Liners (Beginner)		1:00 pm Lively Liners (Intermediate)	2:30 pm Lively Liners (Intermediate Plus)		
3:30 pm Lively Liners (Advanced)		6:00 pm Pom Squad	5:00 pm Lively Liners (Intermediate Review)		
6:00 pm Pom Squad					

# October - 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 Zumba \$6 Yvette	9:00 am Vinyasa Yoga Level I-II \$6 Leesann	
9:00 am Total Body Strength \$6 Cheryl				10:00 am Meditation \$6 Leesann	9:00 am Vinyasa Yoga Level I-II \$6
	10:00 am Yoga \$6 Melinda	9:00 am Water Stretch Strength \$6 Melinda		11:00 am Water Stretch Strength \$6 Melinda	Leesann
		10:00 am Chair Yoga \$6 Melinda	11:00 am Sit & Be Fit \$6 Cheryl		