

# November - 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
8:00 am Morning Stretch \$6 Angel	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	<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  
9:00 am Zumba \$6 Yvette	10:00 am Aqua Fitness \$6 Tiffani <b>Indoor Pool</b>	9:00 am Balance & Stretch \$6 Cheryl	10:00 pm Mat Pilates \$6 Justin	9:00 am Zumba \$6 Rosy	
10:00 am Aqua Fitness \$6 Tiffani <b>Indoor Pool</b>	10:00 am Mat Pilates \$6 Elizer	10:00 am Aqua Fitness \$6 Tiffani <b>Indoor Pool</b>	10:00 am Water Stretch Strength \$6 Melinda <b>Indoor Pool</b>	10:15 am Water Stretch Strength \$6 Melinda <b>Indoor Pool</b>	
11:30 am Reformer Pilates I-II \$17 Justin	11:00 am Reformer Pilates I-II \$17 Elizer	10:00 am Body Toning \$6 Cheryl	11:00 am Reformer Pilates I-II \$17 Justin	10:00 am Yoga \$6 Angel	
12:30 pm Mat Pilates \$6 Justin	1:00 pm Lively Liners (Beginners Review)	11:00 am Yoga \$6 Melinda	1:00 pm <b>Thera-Band Dr. Eric Free</b>	11:00 am Mat Pilates \$6 Elizer	
1:30 pm Lively Liners (FREE Intro to Line Dancing)		1:00 pm Lively Liners (Intermediate)	2:30 pm Lively Liners (Intermediate Plus)	12:00 pm Stretch \$6 Elizer	
2:00 pm Lively Liners (Beginner)			5:00 pm Lively Liners (Intermediate Review)		
3:30 pm Lively Liners (Advanced)					
6:00 pm Pom Squad		6:00 pm Pom Squad			

# November - 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 Leesann
	10:00 am Yoga \$6 Melinda	10:00 am Chair Yoga \$6 Melinda		12:00 pm Chair Yoga \$6 Melinda	
			11:00 am Boom Fit \$6 Cheryl		