

# December- 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 Silver Fit \$6 Cheryl	9:00 am Qi Gong \$6 Melinda	9:00 am Zumba \$6 Rosy	<b>Fitness Center Hours</b> <b>Montecito:</b> <b>5:00 AM – 8:00 PM Daily</b> (760) 345-4349 <b>Ext-2111</b>  <b>Santa Rosa:</b> <b>6:00 AM – 9:00 PM Daily</b> (760) 345-4349 <b>Ext-2201</b>  <b>Pre-Registration for Classes are available on Mind Body</b>
9:00 am Zumba \$6 Yvette	10:00 am Mat Pilates \$6 Elizer	9:00 am Balance & Stretch \$6 Cheryl	10:00 pm Mat Pilates \$6 Elizer	10:00 am Yoga \$6 Angel	
10:00 am Aqua Fitness \$6 Tiffani <b>Indoor Pool</b>	10:00 am Aqua Fitness \$6 Tiffani <b>Indoor Pool</b>	10:00 am Aqua Fitness \$6 Tiffani <b>Indoor Pool</b>		10:15 am Water Stretch Strength \$6 Melinda <b>Indoor Pool</b>	
10:00 am Mat Pilates \$6 Cheryl					
11:00 am Reformer Pilates \$17 Cheryl	11:00 am Reformer Pilates I-II \$17 Elizer	10:00 am Body Toning \$6 Cheryl	11:00 am Reformer Pilates I-II \$17 Elizar	11:00 am Mat Pilates \$6 Elizer	
	1:00 pm Lively Liners (Beginners Review)		1:00 pm Thera-Band Dr. Eric <b>Free</b>	12:00 pm Stretch \$6 Elizer	
1:30 pm Lively Liners (FREE Intro to Line Dancing)		1:00 pm Lively Liners (Intermediate)	5:00 pm Lively Liners (Intermediate Review)	2:30 pm Lively Liners (Intermediate Plus)	
2:00 pm Lively Liners (Beginner)		6:00 pm Pom Squad			
6:00 pm Pom Squad					

# December- 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	8:00 am Silver Fit \$6 Cheryl	9:00 am Vinyasa Yoga Level I-II \$6 Leesann
9:00 am Total Body Strength \$6 Cheryl				9:00 am Vinyasa Yoga Level I-II \$6 Leesann	
	10:00 am Yoga \$6 Melinda	10:00 am Chair Yoga \$6 Melinda		10:00 am Meditation \$6 Leesann	
		11:00 am Yoga \$6 Melinda		12:00 pm Chair Yoga \$6	