

# January- 2023 Montecito Fitness Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	9:00 am Open Line Dancing
9:00 am Zumba \$6 Yvette	10:00 am Mat Pilates \$6 Eliezer	9:00 am Balance & Stretch \$6 Cheryl	10:00 pm Mat Pilates \$6 Eliezer	10:00 am Yoga \$6 Angel	<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  Pre-Registration for Classes are available on Mind Body
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 Aqua Fitness \$6 Tiffani Indoor Pool		
10:00 am Mat Pilates \$6 Cheryl	11:00 am Reformer Pilates I-II \$17 Eliezer	10:00 am Body Toning \$6 Cheryl	11:00 am Reformer Pilates I-II \$17 Eliezer	11:00 am Mat Pilates \$6 Eliezer	
11:00 am Reformer Pilates \$17 Cheryl					
1:30 pm Lively Liners (FREE Intro to Line Dancing)	1:00 pm Lively Liners (Beginners Review)		1:00 pm Thera-Band Dr. Eric Free	12:00 pm Stretch \$6 Eliezer	
2:00 pm Lively Liners (Beginner)		1:00 pm Lively Liners (Intermediate)	5:00 pm Lively Liners (Intermediate Review)	2:30 pm Lively Liners (Intermediate Plus)	
6:00 pm Pom Squad		6:00 pm Pom Squad			

# January- 2023 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	10:00 am Yoga \$6 Melinda	9:00 am Yoga \$6 Melinda		9:00 am Vinyasa Yoga Level I-II \$6 Leesann	
		10:00 am Chair Yoga \$6 Melinda		10:00 am Meditation \$6 Leesann	