

 **February- 2023 Santa Rosa** 

MONDAY 2/13 & 2/20	TUESDAY 2/14 & 2/21	WEDNESDAY 2/15	THURSDAY 2/16	FRIDAY 2/10 & 2/17	SATURDAY 2/19
8:00 am Silver Circuit \$6 Cheryl	8:00 am Barre \$6 Eliezer	7:30 am Zumba \$6 Rosy	8:00 am Qi Gong \$6 Melinda	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 Essentrics Stretch & Tone \$6 Melinda	9:00 am Yoga \$6 Melinda	9:00 am Zumba \$6 Yvette	9:00 am Vinyasa Yoga Level I-II \$6 Leesann	
10:00 am Meditation Over Medication Club	10:00 am Yoga \$6 Melinda	10:00 am Chair Yoga \$6 Melinda	10:00 am Mat Pilates \$6 Eliezer	10:00 am Meditation \$6 Leesann	
11:00 am Balance & Stretch \$6 Cheryl	11:00 am Mat Pilates \$6 Eliezer	11:00 am Table Tennis Club	11:00 am Circuit Strength \$6 Tiffani	11:00 am Mat Pilates \$6 Eliezer	
12:30 pm Games Plus- Scrabble Club	12:00 pm Moving to Music \$6 Tiffani	11:00 am Table Tennis Club	12:30 pm Games Plus Club	12:00 pm Stretch \$6 Eliezer	

Due to the Montecito Fitness Center closure for carpet replacement and painting the above will be the Group Exercise schedule for the following days:

Friday, February 10, 2023 – Tuesday, February 21, 2023

The Montecito Fitness Center will Re-opening on Wednesday, February 22nd and we will resume our regular fitness schedule and times.