



Beat The Heat Fitness Schedule

May 8th – June 9th, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Fitness Center Hours
7:00 AM Walking the Distance W/Amber Montecito	7:00 AM Walking the Distance W/Mirca Santa Rosa	7:00 AM Walking the Distance W/Amber Montecito	7:00 AM Walking the Distance W/Mirca Santa Rosa	7:00 AM Walking the Distance W/Amber Montecito	Montecito: 5:00AM –8:00PM Daily (760) 345-4349 Ext-2111 Santa Rosa: 6:00AM –9:00 PM Daily (760) 345-4349 Ext-2201
	8:00 AM Aging Backwards W/Melinda Santa Rosa		8:00 AM Brazilian Fusion W/Eli Santa Rosa	8:00AM Dance & Tone W/Rosy Montecito	
11:00AM On the Mat W/Tiffani Santa Rosa					
		12:00PM Booty Burn W/Cheryl			

Montecito Fitness Center

Santa Rosa Clubhouse

All participants must sign in for class at the front desk.
Sign up sheets will be available at the time of class.



Class Descriptions

<p><u>Walking the Distance</u></p> <p>This class helps establish a regular walking program for health and fitness. Walking is appropriate for all fitness levels and is a great way to maintain a moderately active lifestyle.</p>	<p><u>On The Mat</u></p> <p>All movements are done on the mat. Good for any fitness level. This is a Full body workout on the floor. Standing on the mat for warm up and cool down. We will work lying flat on back, rotate to stomach, and on each side while strengthening muscles</p>
<p><u>Aging Backwards</u></p> <p>This gentle, slow-paced Essentrics workout is for clients who either have been sedentary for a long time, have been overworked, are recovering from an injury or illness and/or suffer from chronic conditions. The head-to-toe workout allows people to become more aware of their body and learn how to adjust their alignment and movement patterns to start moving freely again, out of pain. Always done to fun, energizing music.</p>	<p><u>Dance & Tone</u></p> <p>Combines Body sculpting exercises and Zumba moves to create a calorie – torching , strength training fitness party. Students learn how to use lightweight toning sticks to enhance rhythm and tone all their target zones, including arms, abs, and thighs.</p>
<p><u>Brazilian Fusion</u></p> <p>This class will start with dancing from a range of different cultures, culminating to a series of exercise for the glutes, arms and abdominal.</p>	<p><u>Booty Burn</u></p> <p>This class is a concentrated workout focused on developing and toning your glutes to stabilize and strengthen your body.</p>