

July-August 2023 Santa Rosa

MONDAY 7/31& 8/7	TUESDAY 8/1 & 8/8	WEDNESDAY 8/2 & 8/9	THURSDAY 8/3 & 8/10	FRIDAY 8/4	SATURDAY 7/29 & 8/5
8:00 am Circuit \$6 Cheryl	8:00 am Moving to the Music \$6 Tiffani	7:30 am Zumba \$6 Rosy	8:00 am Mat Pilates \$6 Cheryl	8:00 am Silver Sneakers \$6 Cheryl	9:00 am Open Line Dancing
		8:00am Silver Sneakers \$6 Cheryl (Marisol Room)			
9:00 am Total Body Strength \$6 Cheryl	9:00 am Essentrics Stretch & Tone \$6 Melinda	9:00 am Balance & Stretch \$6 Cheryl	9:00 am Zumba \$6 Yvette	9:00 am Zumba \$6 Rosy	
	9:00 am Aqua Fitness \$6 Tiffani Outdoor Pool		9:00 am Water Yoga \$6 Melinda Outdoor Pool		
10:00 am Meditation Over Medication Club	10:00 am Yoga \$6 Melinda	10:00 am Body Toning \$6 Cheryl	10:00 am Essentrics Stretch & Tone \$6 Melinda	11:00 am Mat Pilates \$6 Cheryl	
10:00 am Aqua Fitness \$6 Tiffani Outdoor Pool		10:00 am Aqua Fitness \$6 Tiffani Outdoor Pool			
11:00 am Zumba \$6 Yvette	11:00 am Water Yoga \$6 Melinda Outdoor Pool	11:00 am Table Tennis Club	11:00 am Total Body Pump Jessica (Free)		
12:30 pm Games Plus – Scrabble Club	11:15 am Total Body Pump Jessica (Free)	12:00 pm Table Tennis Club	12:30 pm Games Plus Club		

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, July 28th – Thursday, August 10th

The Montecito Fitness Center will **Re-opening on Friday, August 11th** and we will resume our regular fitness schedule and times.