

September- 2023 Montecito Fitness Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		8:00 am Silver Fit Cheryl (Free)	8:00 am Brazilian Fusion \$6 Eliezer	8:00 am Dance & Tone \$6 Rosy	9:00 am Open Line Dancing
9:00 am Zumba \$6 Yvette	9:00 am Barre \$6 Eliezer	9:00 am Balance & Stretch \$6 Cheryl	9:00 am Total Body Pump Jessica (Free)	9:00 am Zumba \$6 Rosy	Fitness Center Hours Montecito: 5:00 AM – 8:00 PM Daily (760) 345-4349 Ext-2111 Santa Rosa: 6:00 AM – 9:00 PM Daily (760) 345-4349 Ext-2201 Pre-Registration for Classes are available on Mind Body
10:00 am Mat Pilates \$6 Cheryl	10:00 am Mat Pilates \$6 Eliezer	10:00 am Body Toning \$6 Cheryl	10:00 am Mat Pilates \$6 Eliezer	10:00 am Beginning Ballet \$6 Eliezer	
	11:00 am Aqua Fitness \$6 Cheryl Indoor Pool		11:00 am Aqua Fitness \$6 Cheryl Indoor Pool	11:00 am Aqua Fitness \$6 Cheryl Indoor Pool	
11:00 am Reformer Pilates \$17 Cheryl	11:00 am Reformer Pilates I-II \$17 Eliezer	11:00 am Vinyasa Yoga Level I-II \$6 Leesann	11:00 am Reformer Pilates I-I-II \$17 Eliezer	11:15 am Mat Pilates \$6 Eliezer	
2:00 pm Lively Liners (Beginner)	1:00 pm Lively Liners (Beginners Review)	1:00 pm Lively Liners (Intermediate)	1:00 pm Thera Band Dr. Eric (Free)	12:15 pm Stretch \$6 Eliezer	
		3:00 pm Beginning Boxing Andrew (Free)			
5:00 pm Pomette's		5:00 pm Pomette's	5:00 pm Lively Liners (Intermediate Review)	3:00 pm Beginning Boxing Andrew (Free)	



September - 2023 Santa Rosa



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 am Circuit \$6 Cheryl	9:00 am Essentrics Stretch & Tone \$6 Melinda	7:30 am Zumba \$6 Rosy	9:00 am Zumba \$6 Yvette	8:00 am Silver Fit Cheryl (Free)	*Formats are subject to change.
9:00 am Total Body Strength \$6 Cheryl	10:00 am Yoga \$6 Melinda		9:00 am Water Yoga \$6 Melinda	9:00 am Vinyasa Yoga Level I-II \$6 Leesann	
	11:00 am Water Yoga \$6 Melinda		10:00 am Essentrics Stretch & Tone \$6 Melinda	10:00 am Meditation \$6 Leesann	
	11:15 am Total Body Pump Jessica (Free)		11:00 am Chair Yoga \$6 Melinda	11:15 am Low Impact Cardio Mirca (Free)	