



New Year, New Me! Fitness Schedule January 8th – February 2rd, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Fitness Center Hours
7:00 AM Walking the Distance W/Amber Santa Rosa	7:00 AM Walking the Distance W/Amber Montecito	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/Mirca 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
	8:15 AM Cardio Circuit W/ Eliezer		8:00 AM Mastering Mobility W/Mirca Santa Rosa	8:00 AM Dance & Tone W/Rosy Montecito	
11:00 AM Aqua Fit W/Kristen Montecito Indoor Pool		10:00 AM Low Impact Toning W/Angel Santa Rosa			
		12:00 PM Boxing Blitz W/Andrew Montecito			

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 style="text-align: center;"><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 style="text-align: center;"><u>Cardio Circuit</u></p> <p>A fun cardio class working with Steps, punching bags and your good old 80's Aerobics</p>
<p style="text-align: center;"><u>Low Impact Toning</u></p> <p>Low impact workouts that will scorch calories but they also allow you to focus on targeting specific muscle groups which helps you build muscle and sculpt and tone your entire body.</p>	<p style="text-align: center;"><u>Mastering Mobility</u></p> <p>This class is a journey into discovering techniques that enhance flexibility, develop core strength, and bolster balance, fostering better body awareness and control. Whether you are aiming to optimize performance or seeking to alleviate stiffness and discomfort, our mobility class empowers you to move more gracefully and confidently in your daily life.</p>
<p style="text-align: center;"><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 style="text-align: center;"><u>Aqua Fit</u></p> <p>This class is not your average workout. It's a high-energy, full-body blast that combines cardio, toning, and muscle conditioning all in the water! The resistance of the water adds an extra challenge, making your muscles work harder while keeping you cool. Plus, we'll throw in some stretching, and even a touch of yoga for a soothing cool-down. It's a great way to stay fit and have a blast, no matter your age or fitness level. So, let's get ready to make a splash and feel the burn?</p>
<p style="text-align: center;"><u>Boxing Blitz</u></p> <p>Welcome to Boxing Blitz, where strength meets speed in an exhilarating blend of weightlifting and boxing! This dynamic class is designed to sculpt your physique, boost your endurance, and unleash your inner powerhouse. Whether you're a seasoned athlete or just starting your fitness journey, Boxing Blitz caters to all fitness levels, providing a challenging yet supportive environment.</p>	<p style="text-align: center;">Reminder:</p> <p style="text-align: center;">Please submit your weekly point sheets every Monday.</p>