



Beat The Heat Fitness Schedule May 6th – June 1st, 2024

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	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 Flexion Fusion W/Mirca Santa Rosa		8:00 AM Total Body Reset W/Andrew Santa Rosa	8:00AM Stretch & Tone W/Kristen Montecito		
		10:00 AM Low Impact Toning W/Angel Santa Rosa			9:00 AM Walking the Distance W/Erin Montecito	
12:00PM Stability & Mobility W/Erin Montecito			12:00PM Cardio Step W/Elizer Montecito		12:00PM Exploring Movemnet W/Melinda 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

Walking the Distance

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.

Stability & Mobility

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.

Flexion Fusion

Ignite your vitality and elevate your fitness journey with Flex Fusion, our dynamic strength training class infused with the power of music. Designed to inspire and energize, Flex Fusion blends strength-building exercises with rhythmic beats to create an exhilarating workout experience.

Low Impact Toning

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

Total Body Reset

This class will take you through a functional full body workout with a full body stretch to end it. We will be spending the first 20min doing a boot camp workout. Then we will be taking a 5 minute haltime . Once that is over we are going straight into stretching out every muscle from ear to toe.

Cardio Step

Step aerobics is a classic cardio workout. It's lasted for decades for a simple reason: It delivers results. The "step" is a 4-inch to 12-inch raised platform. You step up, around, and down from the platform in different patterns to boost your heart rate and breathing, and strengthen your muscles.

Stretch & Tone

This class offers a combination of flexibility and strength training. You'll get to stretch your muscles to increase your range of motion, while incorporating exercises that target different muscle groups to help tone and sculpt your body. In this class we will be both on the floor as well as on our feet. It's a dynamic workout that will leave you feeling both flexible and strong. So let's get ready to lengthen those muscles and get toned in this amazing class!

Exploring Movemnet

Experience gentle movement targeted to limber you up, increase your range of movement, improve your balance, and assist you in stretching and relaxing. We'll explore a different movement genre each week and we'll also utilize the magic of moving to music. All levels welcome.