

Capitola Fitness (1/2019)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am		Water Mobility lynn		Water Mobility lynn			
9am	Cardio Muscle korrine	Circuit Stretch amanda	Cardio Muscle brenda	Circuit Stretch amanda	Better Balance lynn		
10am	Deep Water korrine		Deep Water lynn	Cardio Barre' shelly	Deep Water lynn		Xtreme Deep lynn
Around 10am!	10:15am Qigong linda		10:15am Tai Chi linda		10am Cardio Muscle tracie	10:30am Pilates shelly	
11am		Deep Water laurel		Shallow & Deep Water lynn			
11:30am	Yoga rachel	Boomer BootCamp charlyn	Yoga rachel	Boomer BootCamp charlyn	Chair Yoga suzi	11:45 Yoga korrine	Yoga randee
1:30pm	Silver Sneakers Classic charles	Zumba Gold brenda	Silver Sneakers Circuit brenda	Zumba Gold brenda	Silver Sneakers Classic charles		
2:30pm	Chair Yoga indy	Qigong linda					
6pm		Deep Water jeanne	Yoga randee	Deep Water jeanne			

Deep Water Aerobics: Cardio, range of motion, core and muscle toning all covered. All levels welcome.

Water Mobility: For anyone with joint problems including pre/post surgery and arthritis issues. Increase range of motion, improve daily living activities, and decrease pain and stiffness. This is a 45 minute class.

Deep Water 101: Review the basics of water exercise to maximize your benefit! All Levels will get a workout.

Xtreme Deep: This Water class has Constant Cardio with intense intervals; not recommended for beginners.

Deep & Shallow: This Water class works both cardio and muscle strengthening.

Circuit Stretch Class: Workout on hydraulic machines, with strength, core, and balance exercises.

Better Balance: If you aren't working on balance you are losing it! This class focuses on Fall Prevention!

Cardio Muscle: Class format instructor choice! Different every time!

Yoga: Movement based yoga for longer, leaner muscles. Gentle **Chair Yoga on M/F!**

Qigong: Focus on form, breathing and balance. Chair provided if needed. **Tai Chi** on Wednesdays!

Cardio Barre: Blend of all things toning & shaping! Get cardio in & strengthen your muscles to be lean & long!

Pilates: Series of strength & balance mat exercises to improve posture, strength & agility. Beginners welcome!

Silver Sneakers Classic: Increase muscular strength, range of movement and activities for daily life while having fun!

Silver Sneakers Circuit: Increase cardiovascular endurance and strength with a standing circuit -chair provided

Zumba Gold: Latin inspired dance party! Come join the fun! All levels welcome!

Boomer Bootcamp: Improve range of motion in joints, overall strength, balance & flexibility.

Monday-Thursday 5:30am-9pm, Friday 5:30am-8pm

Sat 7am-8pm, Sun 8am-8pm

www.capitolafitness.com (831)475-1500