

# Capitola Fitness (9/2018)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am		<b>Water Mobility</b> lynn		<b>Water Mobility</b> lynn			
9am	<b>Cardio Muscle</b> korrine	<b>Circuit Stretch</b> amanda	<b>Cardio Muscle</b> brenda	<b>Circuit Stretch</b> amanda	<b>Better Balance</b> lynn		
10am	<b>Deep Water</b> korrine	<b>Cardio Muscle</b> delphine	<b>Deep Water</b> lynn	<b>Cardio Barre'</b> shelly	<b>Deep Water</b> lynn	<b>Deep Water 101</b> val	<b>Xtreme Deep</b> lynn
<b>Around 10am!</b>	<b>10:15am Qigong</b> linda		<b>10:15am Tai Chi</b> linda		<b>10am Cardio Muscle</b> tracie	<b>10:30am Pilates</b> shelly	
11am		<b>Deep Water</b> laurel		<b>Shallow &amp; Deep Water</b> lynn			
11:30am	<b>Yoga</b> rachel	<b>Boomer BootCamp</b> charlyn	<b>Yoga</b> rachel	<b>Boomer BootCamp</b> charlyn	<b>Chair Yoga</b> suzi	<b>11:45 Yoga</b> korrine	<b>Yoga</b> randee
1:30pm	<b>Silver Sneakers Classic</b> charles	<b>Zumba Gold</b> brenda	<b>Silver Sneakers Circuit</b> brenda	<b>Zumba Gold</b> brenda	<b>Silver Sneakers Classic</b> charles		
2:30pm	<b>Chair Yoga</b> indy	<b>Qigong</b> linda					
6pm		<b>Deep Water</b> jeanne	<b>Yoga</b> randee	<b>Deep Water</b> 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:** 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**