

Capitola Fitness (11/20/2017)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am	Cardio Muscle korrine	Circuit Stretch amanda	Cardio Muscle brenda	Circuit Stretch amanda	Fall Proof lynn	Zumba brittany	
10am	Deep Water korrine	Deep Water 101 val	Deep Water lynn	Cardio Barre' shelly	Deep Water lynn	Deep Water shared	Xtreme Deep lynn
Also 10am!	Pilates shelly	10am Live Fit delphine			10am Live Fit tracie		
10:30am			10:15am Tai Chi linda			Pilates shelly	
11am				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						
6pm		Deep Water jeanne		Deep Water jeanne			
6:30pm	Yoga randee	Zumba brittany/sophia	Yoga randee				

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

Live Fit: All ages/levels! Have Fun! Become lean, strong & balanced through circuit & strength training.

Circuit Stretch Class: 45 minute workout on hydraulic machines, with strength, core, and balance exercises.

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

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

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.

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

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-7pm, Sun 8am-7pm

www.capitolafitness.com (831)475-1500