

# Capitola Fitness (1/2018)

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	<b>Zumba</b> Brittany	
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 10!</b>			<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						
6pm		<b>Deep Water</b> Jeanne		<b>Deep Water</b> Jeanne			
6:30pm			<b>Yoga</b> Randee				

**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.

**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:** 45 minute 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! All ages and levels welcome! Different every time!

**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**