

# Capitola Fitness

Updated 5/1/22

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am		<b>Circuit Stretch</b> amanda	<b>Cardio Muscle</b> amanda	<b>Circuit Stretch</b> amanda	<b>Boot Camp 101</b> pamela		
10am	<b>Water Cardio</b> kathy	<b>Water Mobility</b> lynn	<b>Water Workout with Music</b> lynn	<b>Water Mobility</b> lynn	<b>Water Cardio</b> lynn	<b>Water Cardio</b> kathy	<b>Xtreme Water</b> lynn
10:15am	<b>Tai Chi</b> linda		<b>Tai Chi</b> linda				
11:30am	<b>Yoga</b> pamela		<b>Chair Yoga</b> pamela		<b>12pm Silver Sneakers</b> charles		<b>Yoga</b> pamela
1:15pm	<b>Silver Sneakers</b> charles						
5:30pm		<b>Water Cardio Workout</b> kathy		<b>Water Cardio Workout</b> kathy			

**Water Cardio:** Water exercises that include cardio, strength and endurance.

**Water Mobility:** Improve mobility and range of motion with joint friendly exercises, strength and light cardio.

**Xtreme Water:** Fast-paced cardio with high-intensity intervals; not recommended for beginners.

**Water with Music:** Full body cardio and strength workout done with music.

**Circuit Stretch:** Exercise out on the deck - strength, core, and balance.

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

**Yoga/Chair Yoga:** Movement based yoga for longer, leaner muscles.

**Tai Chi:** Series of slow, flowing exercises, that combine movement and rhythmic breathing.

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

**Boot Camp 101:** Build fitness and strength with a variety of exercises. Good for all fitness levels and modifications can be done using a chair.

**New Club Hours:**

**Monday - Thursday 6am - 9pm**

**Friday 6am - 8pm**

**Saturday - Sunday 8am - 6pm**

**[www.capitolafitness.com](http://www.capitolafitness.com)**

**( 831) 475-1500**