

Capitola Fitness

class schedule last updated 1-10-23

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|-----------------------------------|--------------------------------------|---|--------------------------------------|--------------------------------------|------------------------------|-----------------------------|
| 9am | | Circuit Stretch amanda | Cardio Muscle amanda | Circuit Stretch amanda | FUNctional Strength pamela | | |
| 10am | Water Cardio kathy | Water Mobility lynn | Water Workout with Music lynn | Water Mobility lynn | Water Cardio lynn | Water Cardio kathy | Xtreme Water lynn |
| 10:15am | Intro Tai Chi linda | | Tai Chi linda | | | | |
| 11:30am | Yoga pamela | | Chair Yoga pamela | | | | |
| 1:15pm | Silver Sneakers charles | | | | Silver Sneakers charles | | |
| 5:30pm | | Water Cardio Workout kathy | | Water Cardio Workout kathy | | | |
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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!

FUNctional Strength: Build fitness and strength with a variety of exercises. Good for all fitness levels and modifications can be done using a chair.

Club Hours:

Monday - Thursday 6am - 9pm

Friday 6am - 8pm

Saturday - Sunday 8am - 6pm

www.capitolafitness.com

(831) 475-1500