

# Capitola Fitness

class schedule last updated 11-15-23

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am		<b>Circuit Stretch</b> Amanda	<b>Cardio Muscle</b> Amanda	<b>Circuit Stretch</b> Amanda			
10am	<b>Water Cardio</b> Kathy	<b>Tuesday Water</b> Lynn	<b>Wednesday Water</b> Lynn	<b>Thursday Water</b> Lynn	<b>Friday Water</b> Lynn	<b>Water Cardio</b> Kathy	<b>Sunday Water</b> Lynn
10:15am	<b>Intro Tai Chi</b> Linda		<b>Tai Chi</b> Linda				
11:30am	<b>Chair / Mat Yoga</b>		<b>Chair / Mat Yoga</b> Denise				
1:15pm	<b>Silver Sneakers</b> Charles				<b>Silver Sneakers</b> Charles		
5:30pm		<b>Water Cardio</b> Kathy		<b>Water Cardio</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!

## Club Hours:

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

**Friday 6am - 8pm**

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

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

**( 831) 475-1500**