

# Capitola Fitness

Starting 8-1-21

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>Deep Water</b> kathy	<b>Shallow &amp; Deep Water</b> lynn	<b>Deep Water</b> lynn	<b>Shallow &amp; Deep Water</b> lynn	<b>Deep Water</b> lynn	<b>Deep Water</b> kathy	<b>Xtreme Deep</b> lynn
10:15am	<b>Tai Chi</b> linda		<b>Tai Chi</b> linda				
12pm					<b>Chair Yoga</b> charles		
1:15pm	<b>Silver Sneakers</b> charles		<b>Chair Yoga</b> amanda		<b>Silver Sneakers</b> charles		
5:30pm		<b>Deep Water</b> kathy		<b>Deep Water</b> kathy			

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

**Zumba Gold:** A modified easy to follow Zumba class that focuses on balance, range of motion, coordination, and fun music to get your heart rate up

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

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

**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 muscular strength, range of movement and activities for daily life while having fun!

**Monday - Friday 6am - 8pm**  
**Saturday - Sunday 8am - 6pm**  
[www.capitolafitness.com](http://www.capitolafitness.com)  
**( 831) 475-1500**