

Capitola Fitness

Starting 6-15-21

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am		Circuit Stretch amanda	Cardio Muscle amanda	Circuit Stretch amanda			
10am	Deep Water kathy	Shallow & Deep Water lynn	Deep Water lynn	Shallow & Deep Water lynn	Deep Water lynn	Deep Water kathy	Xtreme Deep lynn
10am	Tai Chi linda		Tai Chi linda				
12pm	Zumba Gold elizabeth				Yoga charles		
1:15pm	Silver Sneakers charles	Qigong linda (2:30pm)	Chair Yoga amanda		Silver Sneakers charles		
5:30pm		Deep Water kathy		Deep Water 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!

Qigong: Moving meditation, slow-flowing movement with deep rhythmic breathing to enhance your health

Monday - Friday 6am - 8pm
Saturday - Sunday 8am - 6pm
www.capitolafitness.com
(831) 475-1500