

Capitola Fitness (Starts 9/18/20)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am		Water Mobility lynn		Water Mobility lynn			
9am		Circuit Stretch amanda		Circuit Stretch amanda			
10am	Deep Water kathy		Deep Water lynn		Deep Water lynn	Deep Water kathy	Xtreme Deep lynn
10:15am	Tai Chi linda		Tai Chi linda			10am Virtual Yoga korrine	
11am		Deep Water Amanda		Shallow & Deep Water lynn			
11:30am	Virtual Yoga rachel		Virtual Yoga rachel				
1:30pm							
6pm		Deep Water kathy		Deep Water kathy			

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

Water Mobility: For anyone with joint problems including pre/post surgery and arthritis issues. Increase range of motion, improve daily living activities, and decrease pain and stiffness. This is a 45 minute class.

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 - Thursday 5:30am- 9pm, Friday 5:30am - 8pm

Saturday - Sunday 7:30am - 8pm

www.capitolafitness.com

(831) 475-1500