

Vista del Monte Fitness & Aquatic Center

3775 Modoc Road, Santa Barbara, CA 93105, sbseniorfit.org, (805) 879-5556

STRENGTH & CONDITIONING SCHEDULE

Blue: Instructor Purple: Partial membership

| TIME | MON | TUE | WED | THU | FRI | SAT | SUN |
|---------------|---|-----------------------------------|---|---|--|-----|-----|
| 6:30 - 7 am | Vista residents only | Vista residents only | Vista residents only | Vista residents only | Vista residents only | | |
| 7 - 8 am | | | | | | | |
| 8 - 9 am | | | | | | | |
| 9 - 10 am | Functional Fitness 2 (Gym) Joanne Chair Strength & Balance (PR) Bente 9 - 12 Equipment Orientation (Gym) Marje | Functional Fitness 1 (Gym) Bob | Functional Fitness 2 (Gym) Joanne Chair Strength & Balance (PR) Rachel | Functional Fitness 1 (Gym) Bob | Functional Fitness 2 (Gym) Joanne Chair Strength & Balance (PR) Bente | | |
| 10 - 11 am | | | | | | | |
| 11 am - 12 pm | Yoga Our Way (PR) Volunteer | | Yoga Our Way (PR) Volunteer | Pilates (SM) Karen | Chair Yoga Way (PR) Volunteer | | |
| 12 - 1 pm | | | | | | | |
| 1 - 1:45 pm | | | Circuit Training (Gym) Elyse | | Circuit Training (Gym) Elyse | | |
| 2 - 3 pm | | | | | | | |
| 3 - 4 pm | | | | 3:30 - 4:30 Equipment Orientation (Gym) Elyse | | | |
| 4 - 5 pm | | | | | | | |
| 5 - 6 pm* | | | | | | | |
| 6 - 7 pm* | | | | | | | |
| 7 - 8 pm* | | | | | | | |

Chair Strength & Balance:

A low-impact setting provides a space to learn hand-held weights, elastic band work, and resistance-based exercises, including standing basic balance exercises.

Circuit Training:

Incorporates strength and cardio equipment to improve balance, agility and coordination for a total body workout. Must be independently ambulatory with no assisted devices. Class size limited to 10. Sign up in advance to reserve a spot. **NO OPEN HOURS DURING THIS CLASS.** PREREQUISITE: Equipment Orientation

Equipment Orientation (Mon & Thurs):

Walk-in, no appointment necessary. This is an integral step to your overall fitness success. Learn proper exercise form and safe use of strength and cardio equipment from our knowledgeable staff or volunteers.

Functional Fitness 1:

Seated and standing basic exercises to help with balance, strength, stability and flexibility. You will also be using bands, balls and weights.

Functional Fitness 2:

This class helps improve your cardio, strength, balance, coordination and flexibility using hand-held weight, elastic bands and balls. Participants must be independently ambulatory. Choice of outdoor walking or indoor treadmill/bike for 20-30 minutes.

Open Hours:

When the gym is open but not during circuit training, you may utilize the equipment using your own format. Equipment orientation highly recommended.

Pilates:

This floor work class is based on a series of progressive exercises that combine stabilization, strengthening and flexibility. Please bring an exercise mat and a thick towel.

Yoga-Our Way (Mon & Wed) & Chair Yoga (Fri):

Movement class to stimulate the body and the brain. Please bring your own exercise mat and a thick towel.



Vista del Monte residents have priority use on all rooms. Check daily for class relocation notices.

PR: Patio Room (across from FAC) **SML:** Sierra Madre Lounge (far south end of campus, 3rd floor)

*FAC closes at 8 pm when the swim school is in session. Please check posted schedule for dates when swim school is on break.