

# 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.



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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.