

Vista del Monte Fitness & Aquatic Center

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

POOL AND GYM SCHEDULE AND CLASSES

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY						
	POOL	GYM	POOL	GYM	POOL	GYM	POOL	GYM	POOL	GYM	POOL	GYM					
8 - 9 am	Resident Only Open Swim & Gym		Resident Only Open Swim & Gym		Resident Only Open Swim & Gym		Resident Only Open Swim & Gym		Resident Only Open Swim & Gym		Resident Only Open Swim & Gym 9 to 12						
9:00 am	Water Workout 10 to 10:45	Open Gym 9 to 12	Gentle Water Movement 9 to 9:45	Open Gym 9 to 12	Water Volleyball 9 to 10:30	Open Gym 9 to 12	Gentle Water Movement 9 to 9:45	Open Gym 9 to 12	Water Volleyball 9 to 10:30	Open Gym 9 to 12	Open Swim 9 to 12	Open Gym 9 to 12					
9:30 am		Chair X (Lawn) 9:30 to 10		Glute Class (Patio) 9:30 to 10		Chair X (Lawn) 9:30 to 10		Glute Class (Patio) 9:30 to 10		Chair X (Lawn) 9:30 to 10		Chair X (Lawn) 9:30 to 10					
10:00 am			Open Swim 9:45 to 11			Open Swim 9:45 to 11											
10:30 am		Open Swim 10:30 to 12	Pilates (SML) 10:30 to 11:30	Balance Class 10:30 to 10:45		Open Swim 10:30 to 11	Balance Class 10:30 to 10:45	Balance Class 10:30 to 10:45		Open Swim 10:30 to 12							
11:00 am			Lap Swim 11 to 12		Lap Swim 11 to 12		Lap Swim 11 to 12										
11:30 am																	
12 - 1 pm	Closed for Lunch																
1:00 pm	Open Swim 1 to 4	Open Gym 1 to 4	Open Swim 1 to 2:30	Open Gym 1 to 5	Open Swim 1 to 2:30	Open Gym 1 to 4	Open Swim 1 to 2:30	Open Gym 1 to 5	Open Swim 1 to 2:30	Open Swim 1 to 4	Open Gym 1 to 4	Open Gym 1 to 4					
1:30 pm																	
2:00 pm																	
2:30 pm							Water Volleyball 2:30 to 3:15			Water Volleyball 2:30 to 3:30			Water Volleyball 2:30 to 3:15		Water Workout 2 to 2:55		
3:00 pm																	
3:30 pm			Aqua Aerobics 3:30 to 4:15				Aqua Aerobics 3:30 to 4:15										
4:00 pm																	
4:30 pm																	

Pool Class Descriptions



Aqua Aerobics (Tues & Thurs): Quick, high-impact exercises set to music designed to increase heart rate and build cardiovascular endurance. Swimming shoes are highly recommended.

Gentle Water Movement (Tues & Thurs): Low-impact aerobics utilizing body weight and aqua props to increase heart-rate and relieve pain. Based on recommendations from the Arthritis Foundation.

Lap Swim (Tues, Wed & Thurs): Opportunity to lap swim.

Open Swim (Mon - Sat): Opportunity to partake in either lap swim or water walk. May use goggles, snorkels and fins or kickboards. No other equipment is permitted during this time.

Water Volleyball (Tues - Fri): Open teams in a no-rules, no-points, fun-filled class.

Water Workout (Mon & Fri): High impact exercises set to music to burn calories and have fun.

Gym Class Descriptions



Balance Class (Tues, Wed & Thurs): Standing, supported exercises to build balance and prevent falls.

Chair Exercise - Lawn (Mon, Wed, Fri & Sat): Seated low-impact resistance training to build strength and increase flexibility, and coordination.

Glute Class - Patio (Tues & Thurs): Lower extremity sequences designed to build glute, quadricap and hamstring strength and alignment.

Open Gym (Mon - Sat): Opportunity to utilize the state-of-the art Keiser strength and cardio equipment.

Pilates - Sierra Madre Lounge (Mon): Progressive movements that combine stabilization, core strength and alignment. Bring your own mat and towel. *Must be able to get down and up from the floor.*