

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) Zodea	Functional Fitness 1 (Gym) Bob	Functional Fitness 2 (Gym) Joanne Chair Strength & Balance (PR) Bente	Open Gym	
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							
2 - 3 pm							
3 - 4 pm							
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.

Equipment Orientation (Mon):

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.