

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	Aqua Aerobics 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		Fresh Air Fit 9 to 9:30				Chair X (Lawn) 9:30 to 10					Fresh Air Fit 9 to 9:30	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 10:45 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
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 4	Open Gym 1 to 4	Open Swim 1 to 2:30	Open Gym 1 to 5	Open Swim 1 to 2	Open Gym 1 to 4	Open Swim 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 3:15	Aqua Aerobics 2 to 2:55
3:00 pm															Open Swim 3 to 4
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 (Mon, Tues, Thurs & Fri): 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, Wed, Thurs & Fri): Open teams in a no-rules, no-points, fun-filled class.

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.

Fresh Air Fit (Tues & Thurs): Seated and standing low-impact resistance training to increase strength, mobility and bone density. May use bands, balls and/or weights.

Glute Class - Patio (Tues & Thurs): Lower extremity sequences designed to build glute, quadricep 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.*