



Gym and Class Schedule

Vista del Monte
FITNESS AND AQUATIC CENTER

3775 Modoc Road
Santa Barbara, CA 93105
sbseniorfit.org • 805.879.5556

Revised 3/13/26	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 am	Residents Only 8:00 to 9:00	Open Gym 8:00 to 5:00	Residents Only 8:00 to 9:00	Open Gym 8:00 to 5:00	Residents Only 8:00 to 9:00	Open Gym 8:00 to 12:00
9:00 am	Open Gym 9:00 to 12:15	Balance and Strength 9:00 to 9:30 Gym	Open Gym 9:00 to 5:00	Balance and Strength 9:00 to 9:30 Gym	Open Gym 9:00 to 12:15	
9:30 am	Chair X Residents Only 9:30 to 10:00 Lawn	Glute Class 9:30 to 10:00 Patio Room	Chair X Residents Only 9:30 to 10:00 Lawn	Glute Class 9:30 to 10:00 Patio Room	Chair X Residents Only 9:30 to 10:00 Lawn	
10:00 am						
10:30 am	Pilates 10:30 to 11:30 Sierra Madre Lounge	Balance 10:30 to 10:45 Gym	Balance 10:30 to 10:45 Gym	Balance 10:30 to 10:45 Gym		
10:45 am						
11:00 am			Chair Zumba 11:00 to 11:30 Patio Room			
11:30 am						
12 - 1 pm	Facility Close 12:15				Facility Close 12:15	Facility Close 12:15
1:00 pm	Open Gym 1:00 to 3:55				Open Gym 1:00 to 3:55	Open Gym 1:00 to 3:55
2:00 pm						
3:00 pm						
4:00 pm	Facility Close 4:00				Facility Close 4:00	Facility Close 4:00
5:00 pm		Facility Close 5:00	Facility Close 5:00	Facility Close 5:00		

Subject to change without notice.



Vista del Monte
FITNESS AND AQUATIC CENTER

Gym Class Descriptions

Residents Only	No family members, guests or members during “Residents Only”
Chair X Residents Only/Family Members M/W/F 9:30-10:00 The Lawn (Patio Room when rain)	Seated, low-impact resistance training to increase strength, mobility and bone density. Visiting family members are welcome to attend.
Open Gym	An opportunity to utilize the equipment using your own format.
Balance and Strength T/Th 9:00-9:30 Gym	Seated and standing low-impact resistance training to increase strength, mobility and bone density. Balance exercises are incorporated.
Glute Class T/Th 9:30-10:00 Patio Room	Standing and seated. Lower extremity sequences to build glute, quadricеп and hamstring strength and alignment.
Balance T/W/TH 10:30-10:45 Gym	15 minutes standing exercises using a chair for support. Improve balance and prevent falls.
Chair Zumba W 11:00-11:30 Patio Room	Modified, low-impact dance fitness class designed for seniors, beginners, or individuals with limited mobility to exercise safely while seated. It blends upbeat music with rhythmic movements.
Pilates M 10:30-11:30 Sierra Madre Lounge	Progressive movements combining stabilization, core strength and alignment. Must be able to get up from the floor. Bring your own mat/ towel.
Room Locations	Gym - Fitness and Aquatic Center (FAC) Patio Room - across from Fitness and Aquatic Center Sierra Madre Lounge - 3rd floor in Sierra Madre Building at south end of Campus.