

August 2022

Alisal Ranch Fitness Class Schedule

Please Call the Fitness Center to Sign Up: (805) 686-7721

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Strength/HIIT class 9:00- 10:00 a.m. Instructor: Melissa	2	3 Gentle Yoga 1:00- 2:00 p.m. Instructor: Laurie	4 All Level Yoga 2:30- 3:30 p.m. Meditation Techniques 3:30- 4:00 p.m. Instructor: Laurie	5 Gentle Yoga 9:30- 10:30 a.m. Instructor: Laurie	6 Strength/HIIT class 2:30- 3:30 p.m. Instructor: Melissa
7 Mindful Yoga Walk 8:00- 9:00 a.m. Instructor: Laurie	8 Strength/HIIT Class 9:00-10:00 a.m. Instructor: Melissa	9 All Level Yoga 2:30- 3:30 p.m. Meditation Techniques 3:30- 4:00 p.m. Instructor: Laurie	10 Gentle Yoga 1:00- 2:00 p.m. Instructor: Laurie	11 All Level Yoga 2:30- 3:30 p.m. Meditation Techniques 3:30- 4:00 p.m. Instructor: Laurie	12 Gentle Yoga 9:30- 10:30 a.m. Instructor: Laurie	13 Strength/HIIT class 2:30- 3:30 p.m. Instructor: Melissa
14 Mindful Yoga Walk 8:00- 9:00 a.m. Instructor: Laurie	15 Strength/HIIT Class 9:00-10:00 a.m. Instructor: Melissa	16 All Level Yoga 2:30- 3:30 p.m. Meditation Techniques 3:30- 4:00 p.m. Instructor: Laurie	17 Gentle Yoga 1:00- 2:00 p.m. Instructor: Laurie	18 All Level Yoga 2:30- 3:30 p.m. Meditation Techniques 3:30- 4:00 p.m. Instructor: Laurie	19 Gentle Yoga 9:30- 10:30 a.m. Instructor: Laurie	20 Strength/HIIT class 2:30- 3:30 p.m. Instructor: Melissa
21 Mindful Yoga Walk 8:00- 9:00 a.m. Instructor: Laurie	22 Strength/HIIT Class 9:00-10:00 a.m. Instructor: Melissa	23 All Level Yoga 2:30- 3:30 p.m. Meditation Techniques 3:30- 4:00 p.m. Instructor: Laurie	24 Gentle Yoga 1:00- 2:00 p.m. Instructor: Laurie	25 All Level Yoga 2:30- 3:30 p.m. Meditation Techniques 3:30- 4:00 p.m. Instructor: Laurie	26 Gentle Yoga 9:30- 10:30 a.m. Instructor: Laurie	27 Strength/HIIT class 2:30- 3:30 p.m. Instructor: Melissa
28 Mindful Yoga Walk 8:00- 9:00 a.m. Instructor: Laurie	29 Strength/HIIT Class 9:00-10:00 a.m. Instructor: Melissa	30 All Level Yoga 2:30- 3:30 p.m. Meditation Techniques 3:30- 4:00 p.m. Instructor: Laurie	31 Gentle Yoga 1:00- 2:00 p.m. Instructor: Laurie			