



*COMING SOON...*

## FREE FITNESS WEEK

*GET READY FOR YOUR BEST YEAR YET*

**ALL-NEW FITNESS CLASSES, ALL FREE TO TRY**  
**ALL WEEK AT CARRILLO REC JANUARY 2-7, 2017**

**Questions about Free Fitness Week? Let us help!** | [eRecreation@SantaBarbaraCA.gov](mailto:eRecreation@SantaBarbaraCA.gov) | (805) 897-2519

MONDAY <i>JANUARY 2</i>	TUESDAY <i>JANUARY 3</i>	WEDNESDAY <i>JANUARY 4</i>	THURSDAY <i>JANUARY 5</i>	FRIDAY <i>JANUARY 6</i>	SATURDAY <i>JANUARY 7</i>
	6:30AM <b>YOUTHBOOT FITNESS WITH ORLANDO</b> <i>(AGES 9 AND UP)</i>		6:30AM <b>YOUTHBOOT FITNESS WITH ORLANDO</b> <i>(AGES 9 AND UP)</i>		8:30AM <b>JAZZERCISE DANCE MIXX</b>
	9:00AM <b>PICKLEBALL AT CARRILLO STREET GYM</b> <i>(UNTIL NOON)</i>		9:00AM <b>PICKLEBALL AT CARRILLO STREET GYM</b> <i>(UNTIL NOON)</i>		
	10:00AM <b>SENIOR STRETCH &amp; TONE</b>		10:00AM <b>SENIOR STRETCH &amp; TONE</b>		10:00AM <b>SENIOR STRETCH &amp; TONE</b>
					10:00AM <b>FLEXIBLE &amp; FIT CORE</b>
12:15PM <b>FLEXIBLE &amp; FIT WITH EMILY</b>	12:15PM <b>BASIC YOGA FUSION WITH MONICA</b>	12:15PM <b>FLEXIBLE &amp; FIT WITH EMILY</b>		12:15PM <b>FLEXIBLE &amp; FIT WITH EMILY</b>	
	4:30PM <b>NIA WITH GABI</b>				
5:30PM <b>YOGA: A JOURNEY THROUGH THE CHAKRAS</b>	5:30PM <b>DANCE CARDIO WITH KISHA</b>	5:30PM <b>JAZZERCISE STRENGTH 60</b>	5:30PM <b>HIGH-N-TIGHT WITH KISHA</b>		
			6:30PM <b>FORREST YOGA WITH MADDY</b>		

*Unless otherwise noted, all classes take place at the Carrillo Recreation Center. Only the classes listed here are free to attend during Free Fitness Week, and this schedule is subject to change. Please visit our Facebook page or [SantaBarbaraCA.gov/ParksAndRec](http://SantaBarbaraCA.gov/ParksAndRec) for updates.*

**CITY OF SANTA BARBARA PARKS AND RECREATION DEPARTMENT**