

# Santa Rosa Athletics Club

## February Fitness Classes

**All classes are 50 min Outside**

### Monday

8 am - Kris - Strength  
9:05 am - Kris - Aqua  
10:10 am - Kris - Stretch/Mobility

### Tuesday

8am - Miguel - Strength  
905am - Miguel - Aqua  
10:15am - Miguel -Stretch/Mobility

### Wednesday

8am - Kris - Strength  
9:05 am - Kris - Aqua

### Thursday

8am- Patty - Strength/Stability  
905 am - Patty - Aqua  
10:15am - Patty - Stretch/Yoga

### Friday

8am - Miguel- Strength  
905am - Miguel - Aqua  
10:15 am - Miguel - Stretch/Mobility

### Saturday

10am - Liz - Yoga Flow  
**No Class On Feb 6, 2020**

### Sunday

10am - Liz - Yoga Flow  
**No class on Feb 7, 2020**

