



Titan Fitness and Physical Therapy
 4540 Hollister Ave.
 Santa Barbara, CA 93110
 (805) 683-1231
info@titansb.com

Titan Class Schedule

Unless noted below, classes are included in the membership fee

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00-7:00am		*SBWomen's AM Workout		*SBWomen's AM Workout	
7:00-8:00am					
8:00-9:00am		FIT Circuit		FIT Circuit	
9:00-10:00am		FIT Circuit		FIT Circuit	
10:00-11:00am					
11:00-12:00pm					
12:00-1:00pm	Intro to Fitness		Intro to Fitness #Beyond Balance		
1:00-2:00pm	Golden Gears		Golden Gears		Golden Gears
2:00-3:00pm					#Beyond Balance (2:30-3:30pm)
3:00-4:00pm					
4:00-5:00pm					
5:00-6:00pm	^After Hours Class		^After Hours Class		
6:00-7:00pm	#Beyond Balance		#Beyond Balance		

Classes w/ an additional fee:

*Fee for SBWomen's AM Class: \$120/month

#Fee for Beyond Balance: \$15/class or \$40/month (1x/week) or \$80/month (2x/week)

^After Hours Class: \$15/class or \$100/month

Please call in advance to reserve your spot for any class with an additional fee: (805) 683-1231

Titan Group Exercise Classes

After Hours Class

This class is designed for busy individuals that need to unwind from their day with a feel-good workout! It includes a dynamic, full body warm-up, hip activation exercises, strength training with various equipment, cardiovascular work, and stretching to relax and restore the muscles. This workout is a great way to end your day!

Beyond Balance

This is a fun, weekly class for children, athletes, and active adults, designed to prevent chronic ankle injuries, improve sport performance, and improve confidence with everyday activities. Each 60-minute session is led by a licensed physical therapist and includes static and dynamic balance activities, agility training, and stretching & strengthening exercises.

FIT Class

These 60-minute morning classes are a great way to start your day! We begin with an active stretch and dynamic warm-up and quickly move on to balance, agility, and coordination drills. We then incorporate a variety of equipment such as free weights, medicine balls, resistance bands, and stability balls to build total body strength and improve core stability. This class concludes with a 10-minute, total-body stretch.

Golden Gears

This instructor-led class is a great mid-day workout for our over-60 crowd. We begin with an active warm-up and move on to balance and coordination exercises. Using free weights or resistance bands, we work on a variety of exercises designed to increase range of motion, build strength, and improve core stability to provide support for the skills necessary for your daily activities. The class concludes with a 10-minute cool-down and whole-body stretch.

Intro to Fitness

This beginner's class focuses on a variety of exercises to improve balance and functional movement, build strength, and increase flexibility. Appropriate for all fitness levels, this class can help you begin a regular exercise routine or just help you get back to the basics as you practice technique and work to improve your form.

SB Woman's a.m. Class

This class is specifically designed for the Santa Barbara active woman. Beginning at 6:00am, it will jump start your day with a heart pumping 60-minute strength training and cardiovascular workout. Get in, work hard, and get ready for the rest of your day!