



Basic Info:

Titan Fitness and Physical Therapy is located within the Page Youth Center of Santa Barbara. We offer fitness center memberships that include use of cardio and strength equipment, as well as fitness classes geared towards the senior population. All fitness classes are taught by licensed personal trainer Sara Box, who has a special certification in senior fitness, or licensed physical therapist Breanna Czenczelewski, DPT. Our goal is to offer affordable options to keep seniors fit, active and healthy!

Center Hours:

Monday – Thursday	8:00am – 7:00pm
Friday	8:00am – 5:00pm
Saturday	9:00am – 11:00am
Sunday	CLOSED

Classes Offered:

Intro to Fitness **Monday/Wednesday** **12-1 pm**

This beginner's class focuses on a variety of exercises to improve balance and functional movement, build strength, and increase flexibility.

Golden Gears **Monday/Wednesday/Friday** **1-2 pm**

We begin with an active warm-up and move on to balance and coordination exercises. We use free weights or resistance bands to increase range of motion, build strength, and improve core stability to provide support for the skills necessary for your daily activities.

Fit Class **Tuesday/Thursday** **8-9 am and 9-10 am**

A morning workout that begins with an active stretch and dynamic warm-up, and quickly moves on to balance, agility, and coordination drills. We use free weights, medicine balls, resistance bands, and stability balls to build total body strength and improve core stability.

Beyond Balance: Monday 6-7pm, Wednesday 12-1pm, Thursday 5-6pm, Friday 12-1pm

A class designed to prevent chronic ankle injuries and improve confidence with everyday activities. Each session is led by a licensed physical therapist and includes static and dynamic balance activities, agility training, and stretching & strengthening exercises.

Testimonials:

"[Sara] teaches us the proper body position to get the maximum effects from the exercises. She always encourages us to go to the max of our abilities but not to push it too far. Sara is a great motivator" – Mari Cline

"I would recommend these classes to anyone with concerns about balance and/or coordination skills, the classes work!" - Isabelle Patton

Titan Fitness & Physical Therapy

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