



300 South Lincoln Street, Fort Bragg, CA 95437 (707) 964-9446 www.mendococostrec.org

DROP-IN AQUATIC EXERCISE

CLASS SCHEDULE

IN LEISURE POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:30 AM		7:30-8:30 AM		7:30-8:30 AM
SHALLOW WATER EARLY MORNING WATER WORKOUT WITH SUSAN LARKIN		DEEP WATER EARLY MORNING WATER WORKOUT WITH SUSAN LARKIN		SHALLOW WATER EARLY MORNING WATER WORKOUT WITH KATHY MARDEN
	9:00-9:45 AM		9:00-9:45 AM	
	ARTHRITIS FOUNDATION WATER EXERCISE WITH KATHY MARDEN 9:00-10:00 AM TSUNAMI MOMMIES WITH MARY McCracken		ARTHRITIS FOUNDATION WATER EXERCISE WITH KATHY MARDEN 9:00-10:00 AM TSUNAMI MOMMIES WITH MARY McCracken	
12:00-1:00 PM		12:00-1:00 PM		12:00-1:00 PM
HIGH ENERGY WATER EXERCISE WITH MARY McCracken OR GABEE PERMENTER		HIGH ENERGY WATER EXERCISE WITH MARY McCracken OR GABEE PERMENTER		HIGH ENERGY WATER EXERCISE WITH MARY McCracken OR GABEE PERMENTER
5:30-6:30 PM		5:30-6:30 PM		5:30-6:30 PM
HIGH ENERGY WATER EXERCISE WITH GABEE PERMENTER		HIGH ENERGY WATER EXERCISE WITH GABEE PERMENTER		HIGH ENERGY WATER EXERCISE WITH GABEE PERMENTER <i>(In the competition pool)</i>
	6:30-8:00 PM		6:30-8:00 PM	
	DROP IN WATER POLO		DROP IN WATER POLO	

Aquatic Class Descriptions

1. **EARLY MORNING WATER WORKOUT:** Monday and Friday is shallow water in Leisure Pool and Wednesday is deep water in Competition Pool

with Susan Larkin-M.S.Kinesiology 7:30-8:30 am on Mon/Wed and with Kathy Marden 7:30-8:30 am on Fri

Early Morning Water Workout is an energetic cardiovascular water exercise that includes resistance training and interval training. This class is perfect for all levels of fitness including individuals desiring a new mode of cross training.

Fee: \$6.00 or free with facility pass of 1 month or more. Ages: 16+

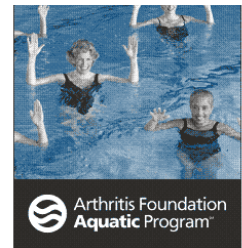


2. **ARTHRITIS FOUNDATION WATER EXERCISE**

with Kathy Marden 9:00-9:45 am Tues/Thurs

Low-impact water exercise class focuses on decreased pain and increased flexibility and range of motion. Have more energy, better health and a more relaxed sleep!

Fee: \$6.00 or free with facility pass of 1 month or more. Ages: 16+



3. **TSUNAMI MOMMIES**

with Mary McCracken 9:00-10:00 am Tues/Thurs

This low-impact water aerobics class is geared for prenatal and post-partum mothers who want to stay active throughout their pregnancy and recovery.

Tsunami Mommies can help with many of the common discomforts of pregnancy by providing a routine of low impact water exercises. This program emphasizes individual work goals, staying in shape, and is a great way to meet other expecting mothers. No experience is required.

Fee: \$6.00 or free with facility pass of 1 month or more.

4. **HIGH ENERGY WATER EXERCISE**

with Mary McCracken or Gabee Permenter Mon/Wed/Fri 12:00-1:00 pm

and with Gabee 5:30-6:30 pm Mon/Wed/Fri

Looking for a fast-paced, calorie burning exercise program? Program emphasis is reaching increased metabolism and heart rate, as well as, warm-up and cool down exercises. This is a great opportunity to get a workout and to meet new friends. Good for all ages and abilities; high energy workout with low-impact to joints.

Fee: \$6.00 or free with facility pass of 1 month or more. Ages: 16+

5. **DROP-IN WATER POLO**

with Rich Jung 6:30-8:00 pm Tues/Thurs

This fast-paced water sport is offered twice a week.

This fun workout includes instruction on passing, ball handling, treading water and scrimmage periods.

beginners welcome! Men & Women Welcome!

Fee: \$6.00 or free with facility pass of 1 month or more.

Ages: 15 + or instructor approval

