

C.V. Starr Community Center

Sigrid & Harry Spath Aquatic Facility



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

DROP-IN EXERCISE CLASS SCHEDULE IN DANCE/AEROBICS ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45-6:45 AM	5:45-6:45 AM	5:45-6:45 AM	5:45-6:45 AM	5:45-6:45 AM	
TOTAL BODY SCULPT WITH MELISSA	CARDIO-SPIN WITH MELISSA	TOTAL BODY SCULPT WITH MELISSA	CARDIO-SPIN WITH MELISSA	TOTAL BODY SCULPT WITH MELISSA	
7:00-8:15 AM	7:00-8:15 AM	8:30-9:30 AM	7:00-8:15 AM	8:30-9:30 AM	9:15-10:15 AM
YOGA WITH HANNAH	YOGA WITH HANNAH	STEP AEROBICS WITH DAKOTAH	YOGA WITH LISA	CARDIO SCULPT WITH DAKOTAH	R.I.P.P.E.D WITH TABITHA
8:30-9:30 AM	8:30-9:30 AM	9:45 – 11:00 AM	8:30-9:30 AM	12:00-1:15	10:30-11:30 AM
STEP AEROBICS WITH DAKOTAH	CARDIO-SPIN WITH DAKOTAH	YOGA WITH LISA	CARDIO-SPIN WITH DAKOTAH	YOGA WITH DIANE	CARDIO-SPIN WITH MARIE
	9:30-10:30 AM	3:30-4:30 PM	9:30-10:30 AM		
	R.I.P.P.E.D. WITH TABITHA	STUDENT ZUMBA! [®] WITH TABITHA	R.I.P.P.E.D. WITH TABITHA		
4:30-5:30 PM	4:30-5:30 PM	4:30-5:30 PM	4:30-5:30 PM		
STEP AEROBICS WITH MARIE	CARDIO-SPIN WITH MARIE	STEP AEROBICS WITH JENNIFER	CARDIO-SPIN WITH MARIE		
5:30-6:30 PM	5:30-6:30 PM	5:30-6:30 PM	5:30-6:30 PM	5:00-6:00 PM	
CARDIO-SPIN WITH MARIE	STEP AEROBICS WITH DAKOTAH	ZUMBA! [®] WITH TABITHA	BOOT CAMP WITH MELISSA	ZUMBA! [®] WITH TABITHA	

Are you seeking a healthier lifestyle, but don't know where to begin?
We have Personal Assessment/Training at the C.V Starr Center
With ACE Certified instructor.

Receive a fitness evaluation and strength/endurance test and a personalized
exercise program that will improve cardiovascular function, strength, and flexibility.
You will receive demonstrative instruction of your program's exercises.

Initial assessment: 90 minutes \$50

Personal Training Session: 60 minutes \$40

Fitness Class Descriptions

Cardio-Sculpt:

Try a unique blend of body sculpt and cardio-fitness workout with our experienced and energetic instructors. The class features 40-minutes of cardio-fitness using state-of-the-art fitness equipment and 20-minutes of body sculpt conditioning.

Cardio-Spin:

Enjoy a fun, fast-paced workout with our motivating staff. Take a ride on our spin bikes, listening to high-energy music and enjoying the rush of an energizing 60-minute workout.

R.I.P.P.E.D.

This is not your average exercise class. This high-intensity workout, set to fun music, masterfully combines an easy, yet effective cardiovascular routine interlaced with weights and resistance. It's a combination that drives up your endurance and gets your body moving. R.I.P.P.E.D. will motivate you by giving you a desire to stay fit and live a healthier lifestyle.

(R.I.P.P.E.D. = Resistance, Intervals, Power, Plyometrics, Endurance, Diet)

Step Aerobics:

Enjoy a high-energy step workout in our hardwood dance studio with our experienced instructors. Class emphasizes aerobic conditioning, strength training and having fun.

Total Body Sculpt:

This 60-minute fast-paced class challenges, motivates and utilizes a variety of total body strengthening moves in addition to core strengthening exercises and light cardio. Program relies on three proven principles for increased fitness: variety, intensity and load. Our experienced instructors focus on load bearing exercises that produce stronger, leaner and more flexible muscles.

Yoga:

For a complete mind and body tune-up, try yoga! Reduce stress and receive a great workout by developing strength, flexibility, balance and coordination. This mixed level class involves standing, sitting and prone postures to bring awareness and flexibility to mind and body.

Boot Camp:

Upbeat, high energy circuit training designed to build strength, cardio and endurance. All fitness levels welcome. Don't let the name deter you; it's a fun class...try it out!