

Cardio Spin Bike Class

C.V. Starr Community Center



Sigrid & Harry Spath Aquatic Facility



Enjoy a high energy work-out on our new, state-of-the art Star Trac spin bikes. Drop-in classes allow a variety of times for fellow cyclist to work-out together and are led by our experienced and motivated instructors.

Space is limited. To reserve a bike, please call within 24 hours of the start of class.

MONDAY - FRIDAY: 12-1 PM

MONDAY, WEDNESDAY: 5:30-6:30PM

TUESDAY, THURSDAY 5:45-6:45AM, 4:30-5:30PM

SATURDAY: 10:30-11:30 AM

COST: \$6 DROP-IN OR \$50 10-PUNCH PASS

AGES: 16 + (OR WITH INSTRUCTOR APPROVAL)



C.V. STARR COMMUNITY CENTER
300 S. LINCOLN ST. ~ FORT BRAGG, CA 95437
707.964.9446 / FAX: 707.964.1813

WWW.MENDOCOASTREC.ORG