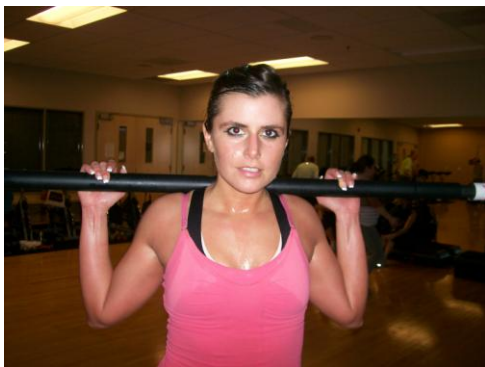


Intro to Strength Training

C.V. Starr Community Center



Sigrid & Harry Spath Aquatic Facility



Intro to Strength Training is perfect for those who desire a more active exercise class. This intense hour of exercise will provide a full body workout that is designed to increase strength, endurance and physical fitness.

Instructor: Marie Everett

MONDAY: 4:30 – 5:30PM

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