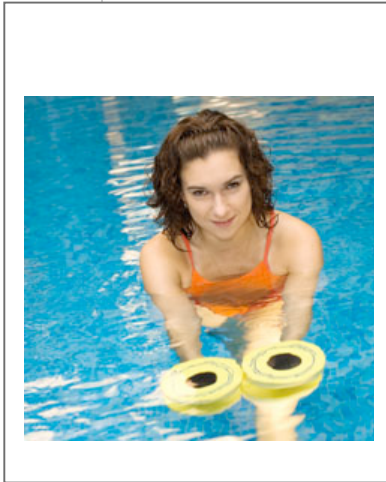


RESISTANCE WALKING IN THE LAZY RIVER

C.V. Starr Community Center



Sigrid & Harry Spath Aquatic Facility



MON – FRI
8AM-9AM * 12PM-1PM *
5:30PM-6:30PM

SATURDAY
11AM – 12PM

ENJOY WALKING AND TALKING WITH FRIENDS IN A VIRTUAL
WEIGHTLESS ENVIRONMENT IN THE LAZY RIVER. WALK WITH THE
CURRENT OR AGAINST THE RESISTANCE.
WATER TEMPERATURE IS 84-85 DEGREES

\$6.00 DROP-IN OR \$50.00 10-PUNCH PASS
ALSO INCLUDED WITH PASSES



MUST BE 18 YRS + (48" MINIMUM HEIGHT)

MCRPD – STARR COMMUNITY CENTER
300 S. LINCOLN STREET ~ FORT BRAGG
707-964-9446

WWW.MENDOCOASTREC.ORG