

Step Aerobics

C.V. Starr Community Center



Sigrid & Harry Spath Aquatic Facility



Enjoy a high energy “step workout” on our new hardwood dance floor with our experienced instructors. Class emphasizes aerobic conditioning, strength training and having fun. Each session consist of 6-45 minute classes.

MONDAY, WEDNESDAY: 8:30-9:30AM

WEDNESDAY: 4:30-5:30PM

TUESDAY, THURSDAY: 5:30-6:30PM

SATURDAY: 9:30-10:30AM

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