

**Free Fitness Classes for 2016**  
**Sponsored by RCMS, South Coast Seniors, Inc. & Redwood Coast**  
**Recreation Center**

**“Young At Heart” Senior Strength Training**

The goal of this class is to improve range of motion, increase muscle strength and improve balance.

**Point Arena: Monday, 10:30 - 11:30 a.m.**  
**Location: Stella Circle Hall on Mill Street**  
**Instructor and Contact: Barbara McClintock, 847-3035**

**Point Arena: Thursday, 10:30 - 11:30 a.m.**  
**Location: St. Paul’s Methodist Church**  
**Instructor and Contact: Barbara McClintock, 847-3035**

**The Sea Ranch: Monday & Thursday, 11:00 a.m. – 12:00 p.m.**  
**Location: Del Mar Center Hall (Leeward Spur/Leeward Rd.)**  
**Instructor: Rotating Leaders**  
**Contact: Sue Denevan, 785-2597**

**Gualala: Wednesday, 10:00 – 11:00 a.m.**  
**Location: Gualala Community Center**  
**Instructor and Contact: Barbara McClintock, 847-3035**

**“Young At Heart” Aerobics**

The goal of this class is to increase cardiovascular endurance and strength, and improve balance and flexibility.

**The Sea Ranch: Tuesday, 9:00 – 9:45 a.m.**  
**Location: Del Mar Center Hall (Leeward Spur/Leeward Rd.)**  
**Instructor and Contact: Jeri Taylor, 785-3761**

**Stretch Your Limits**

This class is appropriate for all levels although the majority of the class is done on the floor. (Please bring a mat and a stretch strap or borrow one from the instructor.)

**The Sea Ranch: Thursday, 12:15 – 1:15 p.m.**  
**Location: Del Mar Center Hall (Leeward Spur/Leeward Rd.)**  
**Instructor and Contact: Denny Gold, 785-2208**

**Thanks to Point Arena Druids, St. Paul’s Methodist Church, Gualala Community Center and The Sea Ranch Association for the use of their facilities.**

**Rev. 07/01/16**