

# Community Fall Prevention Program

## Free Fitness Classes for 2017

**Sponsored by RCMS, Coastal Seniors & 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. This class is offered at different times and locations listed below.

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

### **"Young At Heart" Aerobics**

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

<b>The Sea Ranch</b> <b>Tuesday, 9:00 – 9:45 a.m.</b>	<b>Location:</b> Del Mar Center Hall (Leeward Spur/Leeward Rd.) <b>Contact:</b> Denny Gold 785-2208
--	--

### **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.)

<b>The Sea Ranch</b> <b>Thursday, 12:15 – 1:15 p.m.</b>	<b>Location:</b> Del Mar Center Hall (Leeward Spur/Leeward Rd.) <b>Contact:</b> Kathye Hitt, 884-3744
--	--

### **Yoga Classes**

The goal of these classes is to increase flexibility; increase muscle strength and tone; improve respiration, energy and vitality; and improve balance. Classes are appropriate for all levels. (Please bring a mat or borrow one from the instructor.)

<b>The Sea Ranch</b> <b>Monday, Wednesday, Friday</b> <b>9:30 – 10:45 a.m.</b>	<b>Location:</b> Del Mar Center Hall (Leeward Spur/Leeward Rd.) <b>Instructor:</b> Rotating Leaders <b>Contact:</b> Steven Winningham, 785-2939
--	---

- Parking passes available for classes. See instructor.

*Thanks to The Sea Ranch Association for the use of their facilities.*