

FIRE, WATER, AIR

Total Body Workout

TUESDAY & THURSDAY

9:00 – 10:00 AM

Little River Inn

Abalone Room

Warm-up and stretching components.

A variety of equipment, intensity,
and diversity of movements.

All are welcome!

For more information:

www.mendocinobootcamp.com

Phone: 937-6229

Email: info@mendocinobootcamp.com

Sandra Kearney, Fitness Instructor

\$10.00 per class.

Bring mat and water.