



City of Los Angeles  
 Department of  
 Recreation & Parks



AUGUSTUS F. HAWKINS  
 NATURE PARK

5790 Compton Ave.  
 Los Angeles, CA 90011  
 (323) 581-4498

# FREE!! Workout Class

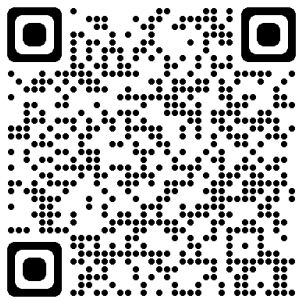
- Monday-Friday
- Time: 9am – 10am
- Bring Water Bottle
- Bring Yoga mat + towel
- Comfortable Clothes

*“You don’t need to be extreme, just consistent.”*

*“Exercise not only changes your body. It changes your mind, your attitude, and your mood.”*

*“If it doesn’t challenge you, it won’t change you.”*

SCAN ME



**Register NOW!!**

[https://www.laparks.org/discover-activities?activity\\_id=325240602](https://www.laparks.org/discover-activities?activity_id=325240602)

Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements.



Programs subject to change or cancellation. Achieving gender equity through a continuous commitment to girls and women in sports.



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**GRATIS!!**

# Clase de Entrenamiento

- Lunes – Viernes
- 9am – 10am
- Traer botella de agua
- Traer esterilla de yoga + toalla
- Ropa cómoda

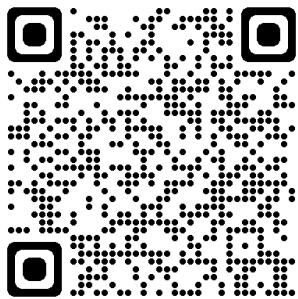
“No necesitas ser extremo, solo consistente”.

“El ejercicio no solo cambia tu cuerpo. Cambia tu mente, tu actitud y tu estado de ánimo”.

“Si no te desafía, no te cambiará”.

**¡Regístrate ahora!**

ESCANÉAME



[https://www.laparks.org/discover-activities?activity\\_id=325240602](https://www.laparks.org/discover-activities?activity_id=325240602)

Se alienta a las personas con discapacidades a participar en nuestros programas y clases. Se harán adaptaciones razonables con arreglos previos.



Las actividades y los programas pueden estar sujetos a cancelación. Lograr la equidad de género a través de un compromiso continuo con las niñas y mujeres en el deporte.

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