



Silver Lake Recreation Center

1850 W. SILVER LAKE DR. LA, CA 90026

(323) 644-3946

SILVERLAKE.RECREATION@LACITY.ORG



FIT TO FIGHT BOOT CAMP

Trained by Coach Dave

WHAT YOU'LL LEARN

- **Strength Training**
- **Boxing Basics**
- **Cardio Rhythm**
- **Wellness**
- **Defense+Counters**



\$10 / session



**EVERY
WEDNESDAY**



12pm-1pm



**SLRC INDOOR
GYM**

www.laparks.org

[@silverlakercla](https://www.instagram.com/silverlakercla)

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