



City of Los Angeles Department of Recreation & Parks
Harbor City Recreation Center
24901 Frampton Ave, Harbor City, CA 90710
310-548-7729



AGES 16 & UP



CARDIO FITNESS

All Levels are welcomed in this workout program which focuses on cardio and wellness in fitness. Burn calories, activate muscles and get in great shape with Coach Angela.

THURSDAYS
6:00-7:00PM

STARTS APRIL 12TH
\$30 FOR 8 WEEKS



REGISTER MAR 4TH - ONLINE AT LAPARKS.ORG,
IN PERSON AT THE OFFICE,
OR BY PHONE 310-548-7729

PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS. REASONABLE ACCOMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS. ALL INFORMATION/ACTIVITIES ARE SUBJECT TO CHANGE AND/OR CANCELLATION WITHOUT PRIOR NOTICE.