



Cabrillo Beach Bathhouse

3800 Stephen M. White Dr. San Pedro, CA 90731

(310) 548-7554 / CABRILLOBEACH.BATHHOUSE@LACITY.ORG

(Epoch - The beginning of a new era, marked by radical changes)



EPOCH FITNESS



"...because your Workouts should be Epoch!"

30's

40's

50's

60's

70's

Charleston
The Jerk
Hustle
Twist
& More

DRESS UP IN YOUR FAVORITE ERA

18+ YRS ONLY! \$25/MONTH

THURSDAY, 9:15AM - 10:15AM

THURSDAY, 6:45PM - 7:45PM

Classes begin May 16th

Call to register TODAY!

LAPARKS.ORG



LET'S BOOGIE, SWEAT & HAVE A GROOVY TIME!

CABRILLO BEACH BATHHOUSE

CABRILLOBB

Persons with disabilities are welcome to participate in our programs. Reasonable accommodations will be made with prior arrangements. PlayLA youth and adaptive sports program is made possible by the LA2S Olympic Paralympics Games. Waivers available for those who qualify. Ask for details. Classes and programs are subject to change for cancellation without prior notice.