CLASSES FOR YOUTH AND ADULTS

BETTER FASTER STRONGER

TRAIN YOUR BODY, TRAIN YOUR MIND! BUILD CONFIDENCE & STRENGTH!

SPRING SESSION | APRIL 13-JUNE 5TH

MIXED MARTIAL ARTS

TUESDAYS: 5:00 PM-6:00 PM
GPLA: GIRLS AGES 8-15

CARDIO BOOTCAMP

THURSDAYS: 6:15 PM-7:15 PM
YOUTH AND ADULTS AGES 8 & UP

YOGA

TUESDAYS: 6:15 PM-6:45 PM
GPLA: GIRLS AGES 8-15

HEAVY BAG TRAINING

CARDIO WORKOUT
TUESDAYS 6:15 PM-7:15 PM
ADULTS AGES 16+
FRIDAYS: 5:30 PM-6:30 PM
GPLA: GIRLS 7-15

$10 PER SESSION
PER CLASS
REGISTRATION BEGINS
MARCH 2, 2020

QUALITY PROGRAMS AT AFFORDABLE PRICES!
### Spring Classes

**Registration Begins**

**Monday, March 2, 2020**

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<th>Age</th>
<th>Class</th>
<th>Dates &amp; Times</th>
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<tr>
<td>7-15</td>
<td>MIXED MARTIAL ARTS</td>
<td>TUESDAYS 5:00 PM-6:00 PM</td>
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<td>BOOTCAMP</td>
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<td>TEE UP: GOLF</td>
<td>WEDNESDAYS 5:00 PM-6:00 PM</td>
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**Classes are offered for 8 weeks!**

**109th Street Recreation Center**

**1464 East 109th Street, Los Angeles, CA 90059**

Phone: (323) 566-4561

Email: 109thstreet.recreationcenter@lacity.org

$10

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

“Achieving Gender Equity through a continuous commitment to girls and women in sports”

Programs and classes may be subject to change.