



CABRILLO BEACH BATHHOUSE



3800 STEPHEN M. WHITE DR. SAN PEDRO, CA 90731

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

EPOCH

FITNESS

18+ yrs only! \$25/month
Thursday, 9:15am - 10:15am

Call to register TODAY!

*****See back for details*****

LAPARKS.ORG



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.

♪ EPOCH ♪ FITNESS

Travel back in time & dance your way from the 1930's - 1970's. This class is perfect for all fitness levels, providing a gentle workout while reminiscing about the “Good Ol’ Days”. *Epoch means the beginning of a new era marked by radical changes.*

Join for a fun & engaging dance fitness class specifically designed for seniors.



Charleston
Hully Gully
The Madison
The Twist
Hustle
& More...

*Let's Boogie, Sweat
& have a Groovy Time!*

