



City of Los Angeles Department of Recreation and Parks
Lincoln Park Recreation Center
3501 Valley Blvd
213-847-7126



WOMEN ONLY OLD SCHOOL-FUNK CONDITIONING CLASS

BEGINS SEPTEMBER 5th 2018

MONDAYS & WEDNESDAYS
7PM - 8PM

Come to the class to have a good time!! Old School and Funk soundtracks played while working out. The purpose of the class is not lose a hundred pounds, not to keep any **New Years Resolution,**

BUT to feel physically and mentally stronger.

Things to know:

- Class is \$10 dollars for the entire month.
- Bring your own towel
- Come ready to sweat it out to Old School Funk!!



\$10
MONTHLY



Persons with disabilities are welcome to participate in programs. Reasonable accommodations will be made with prior arrangements. Activities and programs may be subject to change or cancellation without prior notification.
Achieving Gender Equity through a continuous commitment to girls and women and sports.