

CITY OF LOS ANGELES - DEPARTMENT OF RECREATION & PARKS

Martin Luther King Jr. Recreation Center
3916 South Western Avenue, Los Angeles, CA 90062
(213) 847-0878 Fax: (323) 290-2667

MLK FITNESS CENTER

MLK CENTRO DE EJERCICIO



MONDAY, WEDNESDAY, & FRIDAY 11:30AM-6:30PM
TUESDAY & THURSDAY 11:30AM-5:15PM;
SATURDAY 11:30AM-3:30PM

LUNES, MIÉRCOLES, & VIERNES 11:30AM-6:30PM
MARTES Y JUEVES 11:30AM-5:15PM
SABADO 11:30AM-3:30PM

FITNESS ASSISTANT AVAILABLE UPON REQUEST
FOR AN ADDITIONAL \$20 PER HOUR



ADULTS BY APPOINTMENT ONLY: SPACE IS LIMITED; APPOINTMENTS ISSUED ON A FIRST COME, FIRST SERVED BASIS; THERE ARE NO REFUNDS. ADULTOS CON CITA SOLAMENTE: ESPACIO ES LIMITADO; CITAS SERÁN OFRECIDAS AL PRIMERO QUE VENGA, PRIMERO QUE SE SIRVE; NO HAY REEMBOLSOS!!

\$20

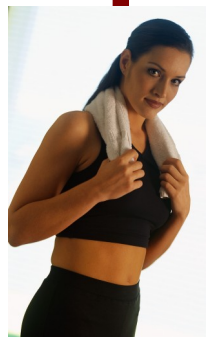
ONE MONTH UNLIMITED SESSIONS OR / UNO MES ILIMITADOS SESIONES O

\$5

SINGLE SESSIONS UP TO 2 HRS USE/ SESIÓN HASTA 2 HORAS DE USO

WORKOUT IN A CLEAN & FRIENDLY ENVIRONMENT. NO CHILDREN ARE PERMITTED. INDIVIDUALS 16 YRS & OLDER MAY REGISTER, BUT MAY ONLY ATTEND WITH PARENTAL SUPERVISION. PHOTO ID REQUIRED AT ALL TIMES. / HAGA EJERCICIO EN UNA ÁREA LIMPIA Y AGRADABLE. NO NIÑOS SON PERMITIDOS. INDIVIDUOS 16 AÑOS O MAYOR SE PUEDE REGISTRAR, PERO SOLO PUEDEN ASISTIR CON COMPAÑÍA DE LOS PADRES. IDENTIFICACIÓN CON FOTOGRAFÍA ES REQUIERE .

EQUIPMENT AVAILABLE FOR USE: FREE WEIGHTS, POWER STEPPER, TREADMILL, ELLIPTICAL, SEATED STATIONARY BIKE, PUNCHING BAGS, SHOULDER PRESS, BENCH PRESS, LEG, BACK ABDOMINAL & CHIN UP STATIONS. / EQUIPO DISPONIBLE PARA USO: PESAS, PROPULSOR DE PASOS, MAQUINA DE CORRER, ELLIPTICAL, BICICLETA STATICA, BOLSA DE BOX, BANCA HOMBRO BANCA DE PRESIONES, ESTACIONES PARA LAS PIERNAS, Y ESPALDA.



RAISE THE BAR: Achieving gender equity through a continuous commitment to girls and women in sports