



CITY OF LOS ANGELES DEPARTMENT OF
RECREATION & PARKS
MT. CARMEL RECREATION CENTER
830W. 70TH ST. LOS ANGELES, CA 90044
323-789-2756



CORE WORKOUT CLASS



REGISTER NOW

WITH
COACH RONALD

\$10 PER CLASS

STARTS: 1/12/26 ENDS: 3/6/26

MON: 3:30PM-4:30PM (8-11 YRS)

MON: 4:30PM-5:30PM (12-15 YRS)

TUES: 3:30PM-4:30PM (8-11 YRS)

◀ TUES: 4:30PM-5:30PM (12-15 YRS)

WED: 3:30PM-4:30PM (8-11 YRS)

WED: 4:30PM-5:30PM (12-15 YRS)

THURS: 3:30PM-4:30PM (8-11 YRS)

◀ THURS: 4:30PM-5:30PM (12-15 YRS)

FRI: 12:30PM-1:30PM (8-15 YRS)



IF YOU ARE A PERSON WITH A DISABILITY AND REQUIRE ACCOMMODATION TO PARTICIPATE IN A CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS PROGRAM, SERVICE, OR ACTIVITY, REQUESTS MAY BE MADE BY CALLING THE FACILITY (323-789-2757), OR 711 FOR CA RELAY, TEN DAYS IN ADVANCE OF THE EVENT. WE WILL DO OUR BEST TO FULFILL REQUESTS WITH LESS THAN TEN BUSINESS DAYS' NOTICE.

IF A PARTICIPANT REQUIRES A ONE TO ONE AIDE, REQUESTS WILL BE FULFILLED WITHIN SEVEN BUSINESS DAYS OF RECEIVING REQUIRED PAPERWORK AND DOCUMENTATION NEEDED TO ISSUE A RIGHT OF ENTRY PERMIT TO THE AGENCY PROVIDING THE AIDE.