



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



WEIGHT TRAINING

WITH COACH ESTELA

AGES 8-16

\$10

**REGISTRATION BEGINS
SEPTEMBER 8TH**

**TUESDAYS
7:30-8:30**

OCTOBER 6TH - DECEMBER 9TH

**NO CLASS ON:
11/11 AND 11/25**

PERSONS WITH DISABILITIES ARE ENCOURAGED TO PARTICIPATE IN OUR CLASSES AND PROGRAMS. REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENT. ALL ACTIVITIES/PRIZES ARE LIMITED AND ARE NOT GUARANTEED. ALL INFORMATION/ACTIVITIES ARE SUBJECT TO CHANGE AND/OR CANCELLATION WITHOUT PRIOR NOTICE.