



CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS



BOXING FITNESS



Registration Begins Dec. 4

**Classes Begin week of Jan. 9
and end the week of Feb. 26**

AGES: 5 TO 10—MONDAY: 5:30 -6:30 PM

AGES: 11 - 17—MONDAY: 6:30 -7:30 PM

GIRLS ONLY AGES: 8 TO 15—TUESDAY: 6:30 -7:30 PM

**IMPROVE CARDIOVASCULAR FITNESS.
INCREASE ENDURANCE COORDINATION & BALANCE.**

**THIS CLASS IS A GREAT FORM OF EXERCISE WHILE LEARNING THE
FUNDAMENTALS OF BOXING SUCH AS JABS, CROSSES, HOOKS AND
UPPERCUTS AS WELL AS ALL THE NECESSARY FOOTWORK.**

RIO DE LOS ANGELES STATE PARK

1900 N. SAN FERNANDO ROAD

LOS ANGELES, CA 90065

Phone: (323) 276 - 3015

riodela.recreationcenter@lacity.org

Follow us on Instagram

@riodelosangelessp



Achieving gender equity through a continuous commitment to girls and women in sports.

Good Sportsmanship is Everyone's Responsibility. Be a Good Sport.

Persons with disabilities are welcomed to participate in our classes and programs.

Reasonable accommodations will be made with prior arrangements.

Please be aware that some accommodations may take 30 days or longer.

Please submit your request for an accommodation as soon as possible.

To register visit:

tinyurl.com/riodelareg

Or Scan Below

