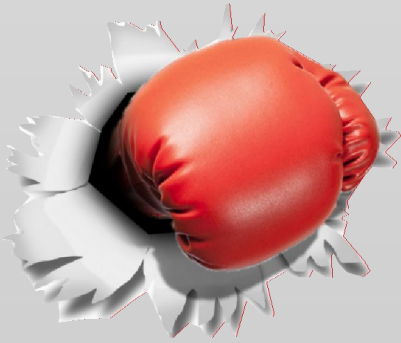


CITY OF LOS ANGELES DEPARTMENT OF RECREATION & PARKS



# BOXING FITNESS

**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: 6:00 -7:00 PM**

**FEE: \$10: 8 WEEK SESSION**



**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.**

**Registration begins**

**November 28**

**Classes begin the week of**

**January 9—14**

**& end the week of**

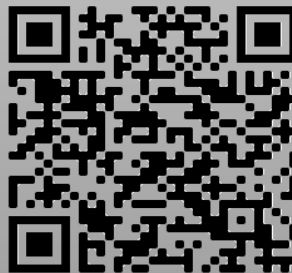
**February 28—March 4**

## QUICK LINKS

For more info visit:

[tinyurl.com/riodelainfo](https://tinyurl.com/riodelainfo)

Or Scan Below



To register visit:

[tinyurl.com/riodelareg](https://tinyurl.com/riodelareg)

Or Scan Below



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**1900 N. SAN FERNANDO ROAD**

**LOS ANGELES, CA 90065**

**Phone: (323) 276 - 3015**

**Email: [riodela.recreationcenter@lacity.org](mailto:riodela.recreationcenter@lacity.org) @riodelosangelessp**



Instagram

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Persons with disabilities are welcome to participate in our programs, reasonable accommodations will be made with prior arrangement.