



City of Los Angeles Department of Recreation and Parks

Silver Lake Recreation Center

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# Coach Dave's Fight to Fit Bootcamp



**Wednesdays: 12:00 pm—1:00 pm**

**\$10/Session**

Conditioning and boxing drills sure to whip you into shape! No equipment necessary. Fitness and nutrition advice included.



Achieving gender equity through a continuous commitment to girls and women in sports. Persons with disabilities are encouraged to participate in our programs. Reasonable accommodations will be made with prior arrangements. Good sportsmanship is Everyone's Responsibility. Be a good sport. The classes and programs on this flyer may be

subject to cancelation. #PARKPROUDLA We are conforming to LACDH COVID Safety Protocols