

City of Los Angeles Department of Rec & Parks
Rio De Los Angeles State Park

1900 N. San Fernando Road Los Angeles, CA 90065

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Email: riodela.recreationcenter@lacity.org



STRENGTH & CONDITIONING CLASSES

Registration Begins June 3rd

\$10 FOR 17 & UNDER

CLASS	DAY	TIME	START DATE	END DATE
(5-9YRS)	TUESDAY	6:00PM- 7:00PM	7/9	8/27
(10-17YRS)	TUESDAY	7:00PM- 8:00PM	7/9	8/27
(5-9YRS)	THURSDAY	6:00PM- 7:00PM	7/11	8/29
(10-17YRS)	THURSDAY	7:00PM-8:00PM	7/11	8/29
CLiNiC (5-10YRS)	TUESDAY	5:30PM-7:30PM	9/10	9/24
CLiNiC (11-17YRS)	THURSDAY	5:30PM-7:30PM	9/12	9/26



To register visit:
tinyurl.com/riodelareg
 or Scan Below



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