



Cabrillo Beach Bathhouse

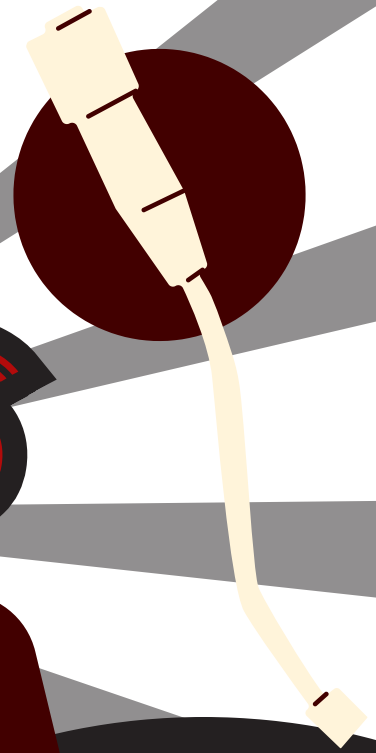
3800 Stephen M. White Dr. San Pedro, CA 90731

(310) 548-7554 / CABRILLOBEACH.BATHHOUSE@LACITY.ORG



EPOCH

FITNESS



18+ yrs only! \$25/month
 Thursday, 9:15am - 10:15am
 Thursday, 6:45pm - 7:45pm

Call to register TODAY!

****See back for details****

LAPARKS.ORG



CABRILLO BEACH BATHHOUSE



CABRILLOBB

Persons with disabilities are welcome to participate in our programs.
Reasonable accommodations will be made with prior arrangements.

PlayLA youth and adaptive sports program is made possible by the LA25 Olympic Paralympics Games.

Waivers available for those who qualify. Ask for details.

Classes and programs are subject to change for cancellation without prior notice.



EPOCH

FITNESS



Travel back in time and dance your way through the 1930's - 1970's. This class is perfect for all fitness levels, providing a gentle workout while reminiscing about the "Good Ol' Days". Epoch means the beginning of a new era. *With Epoch Fitness, you can embrace a new chapter of health and happiness.*

Join for a fun & engaging dance fitness class specifically designed for seniors.

30's 40's 50's 60's 70's



Charleston
Hully Gully
The Madison
The Jerk
The Twist
Hustle
& More...



Let's Boogie, Sweat & have a Groovy Time!