



CITY OF LOS ANGELES  
DEPARTMENT OF RECREATION & PARKS



323-226-1401



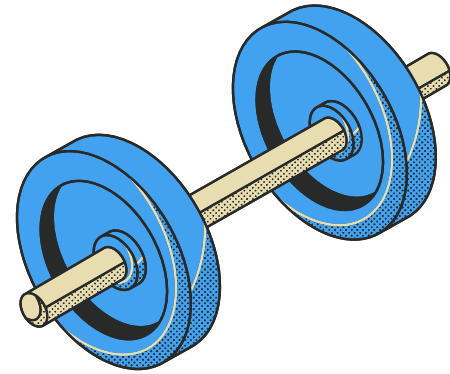
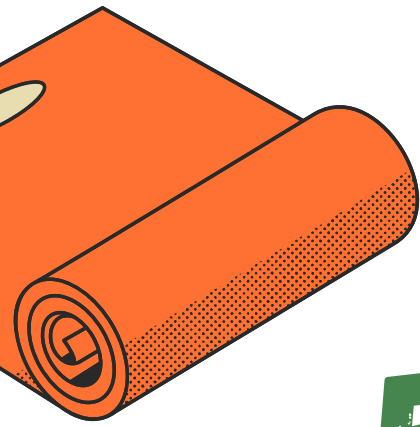
2911 Altura Street  
Los Angeles, 90031



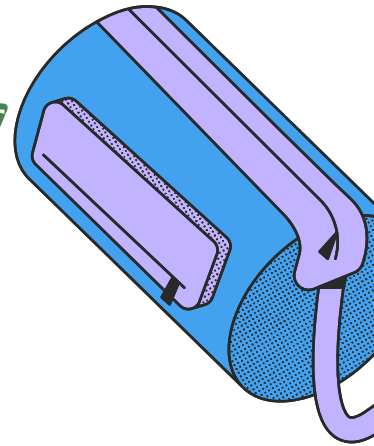
lincolnheightsync



rap.lincolnheightsync@lacity.org



# ADULT BOOTCAMP WITH KITTY

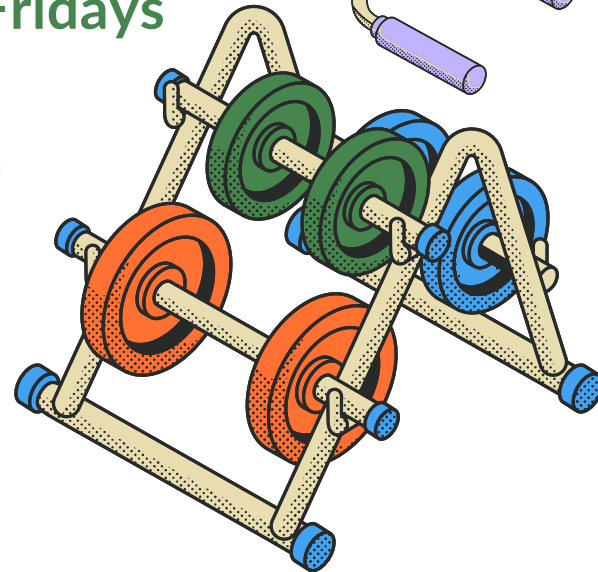
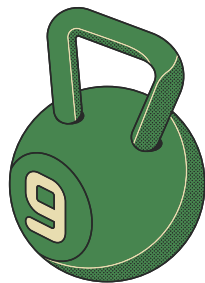
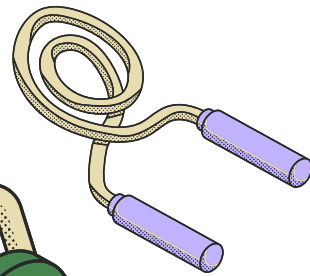
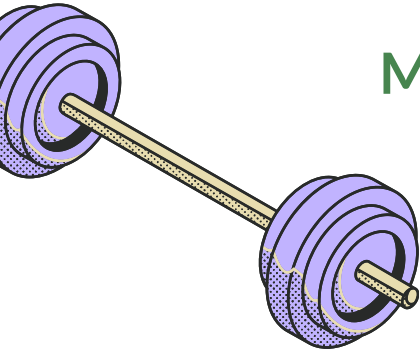


Kickstart your day, stay active,  
and have fun in a supportive  
environment!

6:15 P.M. - 7:15 P.M.  
Monday, Wednesday & Fridays

**\$30 / Month**

\*Gym Membership required\*



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.



DEPARTAMENTO DE RECREACIÓN Y PARQUES  
DE LA CIUDAD DE LOS ÁNGELES



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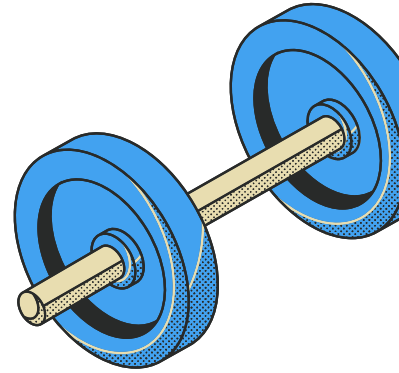
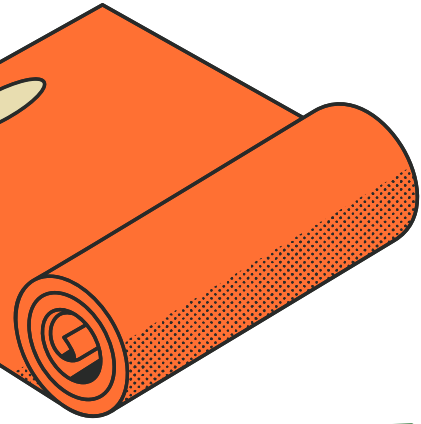
2911 Altura Street  
Los Angeles, 90031



Lincoln Heights, California

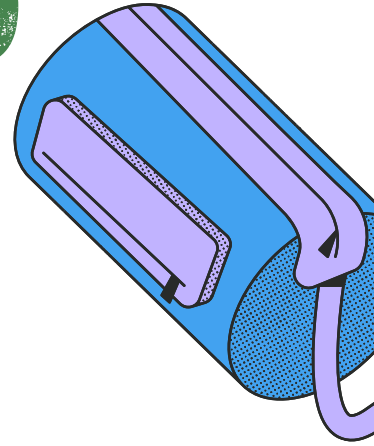


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# ADULTO CAMPO DE ENTRENAMIENTO CON KITTY

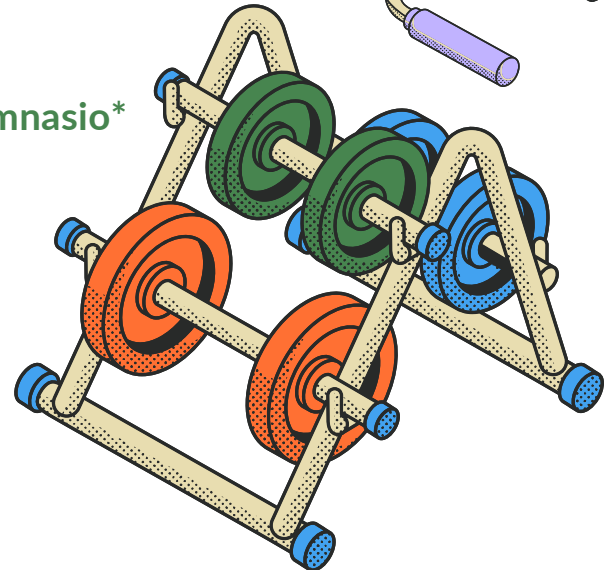
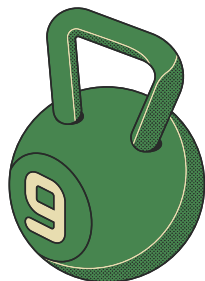
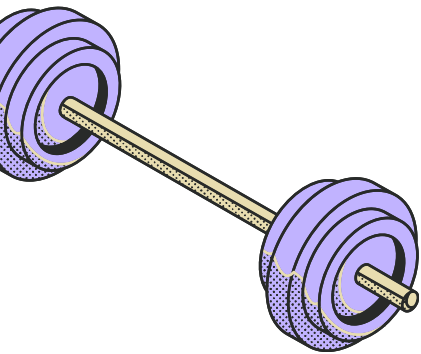
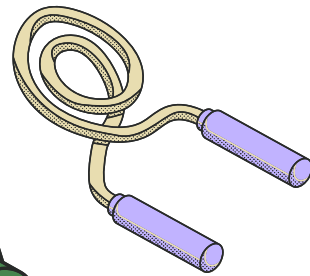
¡Empieza el día, mantente activo  
y diviértete en un entorno de  
apoyo!



6:15 P.M. - 7:15 P.M.  
Lunes, Miércoles y Viernes

\$30 / Mes

\*Se requiere membresía al gimnasio\*



Las personas con discapacidades son bienvenidas a participar en nuestras clases y programas. Se harán adaptaciones razonables con arreglos previos. Tenga en cuenta que algunas adaptaciones pueden tardar 30 días o más. Por favor envíe su solicitud de adaptación lo antes posible.