



LA COUNTY DEPARTMENT OF  
BEACHES & HARBORS PRESENTS

# CARDIO CLASSES

WITH LULY RIVAS MITCHELL

## FUN & FIT

- PRESCHOOLERS 3-5 YEARS OLD
- 03/05/2021 - 04/09/2021 (6 WEEKS)
- FRIDAYS
- 9:00 AM - 9:45 AM
- RATE: \$60 FOR 6-WEEK PROGRAM /  
\$10 PER CLASS



## CARDIO DANCE

- ADULTS ONLY
- 03/01/2021 - 04/07/2021 (6 WEEKS)
- MONDAYS + WEDNESDAYS
- 9:30 AM - 10:30 AM
- RATE: \$180 FOR 6-WEEK PROGRAM /  
\$15 PER CLASS



**BURTON CHACE PARK**  
**13650 MINDANAO WAY**

TO REGISTER & PAY FOR CLASSES:  
EMAIL [LULYRIVASMITCHELL@GMAIL.COM](mailto:LULYRIVASMITCHELL@GMAIL.COM)