



LA COUNTY DEPARTMENT OF  
BEACHES & HARBORS PRESENTS

# CARDIODANCE

WITH LULY RIVAS MITCHELL

- **8-WEEK PROGRAM**  
MAY 22 - JULY 17  
(NO CLASS ON JUNE 5)
- **DAY:** SATURDAYS
- **TIME:** 9:30 - 10:30 AM
- **RATE:** \$120 FOR 8 WEEKS OR \$15 PER CLASS
- **FREE DEMO CLASS**  
ON SATURDAY, MAY 15

**\*SPACE IS LIMITED TO  
15 STUDENTS**



Join Luly for a fast-paced, high-energy, cardio dance workout combining a variety of dance styles with simple moves to create a fun and user-friendly dance routine.

Dance to a variety of favorite musical genres. Burn fat, tone your muscles, and leave feeling happy, healthy, and energetic.

All levels welcome (18+ years old).

**ENROLL  
NOW**

**BURTON CHACE PARK**  
13650 MINDANAO WAY  
MARINA DEL REY, CA 90292

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

[WWW.LULYFORMA.COM](http://WWW.LULYFORMA.COM)