



LA COUNTY DEPARTMENT OF
BEACHES & HARBORS PRESENTS

POWER FIT

WITH LULY RIVAS MITCHELL

- **6-WEEK PROGRAM**
MAY 18 - JUNE 24
- **DAYS:** TUESDAYS + THURSDAY
- **TIME:** 4:00 - 5:00 PM
- **RATE:** \$180 FOR 6 WEEKS OR \$15 PER CLASS
- **AGES:** 6 -8 YEARS OLD
- **FREE DEMO CLASS ON THURSDAY, MAY 13**

***SPACE IS LIMITED TO 15 KIDS**



A fun, unique program designed to build your child's confidence and competence with a wide variety of physical skills needed to be active for the rest of their life.

This class combines childhood development research with active, imaginative, powerful play-based exercise circuits and activities designed to increase coordination, agility, and confidence in a positive, safe environment.

BURTON CHACE PARK

13650 MINDANAO WAY, MARINA DEL REY

TO REGISTER & PAY FOR CLASSES:
EMAIL LULYRIVASMITCHELL@GMAIL.COM

WWW.LULYFORMA.COM