

LA COUNTY DEPARTMENT OF
BEACHES & HARBORS PRESENTS

BOOTCAMP FITNESS CLASS

WITH DOREEN FERRIS

WEEKLY BEGINNER GROUP
BOOTCAMP / FITNESS CLASS
NEW PROGRAM EVERY 4 WEEKS



BURTON CHACE PARK
13650 MINDANAO WAY
MARINA DEL REY, CA

- **DAY:** MONDAYS
 - **TIME:** 6 PM - 7 PM
 - **COST:** \$10 PER CLASS
 - **CONTACT US:** 424.526.7903
 - **REGISTRATION REQUIRED.**
- EMAIL:** CHACEPARK@BH.LACOUNTY.GOV



PROGRAM INCLUDES: GROUP WARM-UP, 40-MINUTES OF INTERVAL TRAINING, AND COOL DOWN WITH STRETCHING/YOGA



MARINADELREY.LACOUNTY.GOV

