



BURTON W. CHACE PARK AEROBICS CLASS



LET'S GET FIT!

Challenge your body, while becoming physically fit and healthy

The group exercise class combines rhythmic aerobic exercise with stretching and strength training routines designed to help improve all elements of fitness.

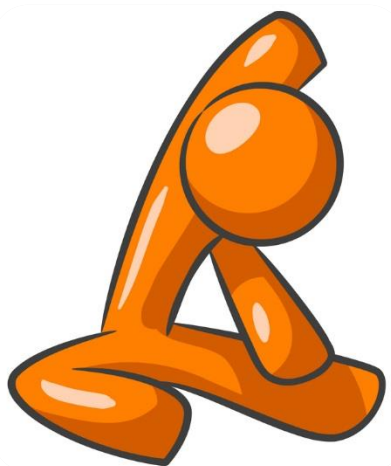
Starting date: October 7, 2015

Workouts: Wednesdays @6pm

**All workouts are 45min to 1hr*

This program is FREE! Ages 13 & Up

*Burton Chace Park
13650 Mindanao Way
Marina del Rey, CA 90292*



To reserve your spot, contact Tiffany (Instructor) or park office @ (310) 305-9596 THopwood@bh.lacounty.gov