



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEPING COMMUNITIES MOVING

Exercise in the Park!! KEN MALLOY HARBOR REGIONAL PARK

Come join in on the fun! The YMCA in partnership with **Kaiser Permanente South Bay Medical Center** will be holding FREE community fitness classes at Ken Malloy Harbor Regional Park for all fitness levels.

**CLASSES FOR
MAY, JUNE, JULY
& AUGUST 2019**

**ZUMBA!
Basic Boot Camp**

**Saturdays
Saturdays**

**9-10am
10-11am**

LOCATION: Ken Malloy Harbor Regional Park
25820 Vermont Avenue
Harbor City, CA 90710

COST: Free & open to the
Community

CONTACT: Tina Jordan
Sr. Program Director
E TinaJordan@ymcaLA.org
P 310 325 5885

***Classes meet next to outdoor
exercise area.**

***Class times are subject to change.**



TORRANCE-SOUTH BAY YMCA
2900 W Sepulveda Boulevard, Torrance, CA 90505
P 310 325 5885
W www.ymcaLA.org/tsb





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MANTENIENDO LA COMUNIDAD ACTIVA

Ejercicios en el parque!! KEN MALLOY HARBOR REGIONAL PARK

Ven y divierte-te con nosotros! El YMCA en asociación con **Kaiser Permanente South Bay Medical Center** estará ofreciendo clases gratis de ejercicio a la comunidad en el Ken Malloy Harbor Regional Park.

MAYO, JUNIO, JULIO, AGOSTO 2019

ZUMBA	Sabado	9-10 am
Basic Boot Camp	Sabado	10-11 am

LUGAR: Ken Malloy Harbor Regional Park
25820 Vermont Avenue
Harbor City, CA 90710

COSTO: Gratuito y abierto al público

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*Clases se llevarán a cabo al aire libre.

*Clases están sujetas a cambios.



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