

CITY OF CARSON

STRETCHING & CONDITIONING CLASS

Stretching and conditioning classes are beneficial for everyone, no matter what age.

Some benefits are:

- Increase in Circulation
- Increase in Range of Motion
- Reduce Stress
- Alleviate Lower Back Pain
- More Flexibility

Men/Women
Children

ALL
AGES

Tuesday and Friday
7 p.m. - 8:30 p.m.

Veterans Park

22400 Moneta Avenue, Carson, CA 90745

For more information, contact Veterans Park at (310) 830-9997

Recreation and Human Services

<http://recreation.carson.ca.us> • Like us on facebook! CITY OF CARSON PARKS AND RECREATION