

CITY OF CARSON



MUSCLE CONDITIONING



Participants of this class will use different resistance modalities to improve muscular endurance and strength. Proper technique and postural alignment are emphasized to ensure a safe workout session.

Mondays & Fridays

8:30 a.m. - 9:30 a.m.

Tuesdays

5:30 p.m. - 6:30 p.m.

For more information,
please call (310) 830-9991

Veterans SportsComplex

22400 Moneta Avenue
Carson, CA 90745

ALL AGES WELCOME



**Parks
Make
Life
Better!**

