

CITY OF CARSON
2019 FEATURED CLASS OF THE MONTH

**OCTOBER
PILOXING**

Thursdays
5:30 P.M. - 6:30 P.M.



**NOVEMBER
MAT PILATES**

Wednesdays
5:30 P.M. - 6:30 P.M.
Saturdays
10:00 A.M. - 11:00 A.M.



**DECEMBER
MUSCLE
CONDITIONING**

Mondays & Fridays
8:30 A.M. - 9:30 A.M.
Tuesdays
5:30 P.M. - 6:30 P.M.



**FREE TO
THE PUBLIC
AGES 16 & UP**

Veterans SportsComplex
22400 Moneta Avenue, Carson, CA 90745
For more information, please call (310) 830-9991

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Recreation and Human Services

