

CITY OF CARSON

T.B.A.

Thighs, Bottoms, & Abs

CLASS

WEDNESDAYS

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

Muscle conditioning and strength training that primarily targets to the lower body. The workouts vary with each class, keeping the muscles guessing and forcing them to work at their highest capacity. This creates the most effective and efficient workouts in order to attain the best results.

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



Veterans SportsComplex

22400 Moneta Avenue, Carson, CA 90745



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