



**Parks
Make
Life
Better!**

City of Commerce
Department of Parks and Recreation



ADULT FITNESS FALL 2024

COMMERCEPARKSANDREC



Open to ages 14 and up
H.I.I.T. classes are open to ages 18 and up

FALL SESSION 1
September 9 - October 5

FALL SESSION 2
October 7 - November 2

FALL SESSION 3
November 4 - November 30
(No class November 28
Thanksgiving Day)

FALL SESSION 4
December 2 - January 4
(No class December 25
Christmas Day and
January 1 New Year's Day)

BODY CONDITIONING

Bristow Park
Mon/Wed
7:15 – 8:15 p.m.
Instructor: Lorena Herrera
Residents: \$16 Non-residents: \$24

STEP AEROBICS

Rosewood Park
Tue/Thu
6:30 – 7:30 p.m.
Instructor: Guillermina Maldonado
Residents: \$16 Non-residents: \$24

YOGA

Bristow Park
Mon/Wed
6:00 – 7:00 p.m.
Instructor: Lorena Herrera
Residents: \$16 Non-residents: \$24

H.I.I.T. (HIGH INTENSITY INTERVAL TRAINING)

Veterans Park
Tue/Thu
5:45 – 6:45 p.m.
7:00 – 8:00 p.m.
Instructor: Ray Zamora
Residents: \$24 Non-residents: \$32

Sat
8:00 – 9:00 a.m.
9:00 – 10:00 a.m.
Instructor: Ray Zamora
Residents: \$12 Non-residents: \$16



Residents register now at
<https://activenet.active.com/commerce>
Non-residents register on
Thursday, September 5 at 10 a.m.
Registration is open for all sessions.

Advertised fees are per session. Classes are free for those with Resident Plus Activity Cards and Senior Basic Activity Cards. Automatic payments may be set up for each session. Space is limited. For those without internet access please call (323) 887-4434.