



City of El Monte

Parks, Recreation & Community Services Department



Group Fitness & Exercise



This program offers a variety of Aerobic formats to keep it challenging and motivating.

Formats include:

**Fat Burner | Step
Kickboxing | Zumba
Pilates | Yoga**

Total body workouts are driven by upbeat music, foot stomping movements and weights.

All formats are modified for all fitness levels.

Registration accepted at the Aquatic Center.

1 visit: \$5 / 10 visits: \$45 / 15 visits: \$60 / 25 visits: \$100

Athletic Shoes are required.

El Monte Aquatic Center | 11001 Mildred St., El Monte, CA

AGES

14+

DAYS

Monday/Wednesday

TIME

6:00 PM - 7:00 PM

DATES

Ongoing

NO CLASS: 10/31 and 12/26-1/4

For more information, please call the

Aquatic Center at (626) 580-2213



f #HealthyElMonte