



RECREATION

Fitness Fun with Erica

This Fitness class will combine different types of exercise including cardio, strength training, and flexibility, which will improve overall health and make everyday activities easier.

**CLASS DAYS:
TUESDAYS & THURSDAYS**

**DATES:
JANUARY 6, 2026 - MARCH 12, 2026**

**TIME:
6:30PM**

**LOCATION:
DAN DIAZ RECREATION CENTER**



Dan Diaz Recreation Center
16053 Calle de Paseo
Irwindale, CA 91706
626-430-2224
www.irwindaleca.gov

Important information on
the back of this flyer.



#iRecROCKS



INSTRUCTOR:
ERICA LEDEZMA



Para obtener información en español sobre este folleto o cualquier otro programa, clase, viaje, o evento que ofrecemos, llame al 626.430.2224 de 3:00 p.m. a 6:00 p.m.

**Register at the
Dan Diaz Recreation Center
16053 Calle de Paseo, Irwindale**

Registration Fees

Residents*: Free

Non-residents: \$40.00

*VALID Resident ID Card or Irwindale City Employee Card required for persons wishing to register as an Irwindale Resident.

Registration Dates:

Residents*

**Monday, December 8, 2025 -
Saturday, January 17, 2026**

Non-residents

**Monday, December 15, 2025 -
Saturday, January 17, 2026**

Must be 18yrs or older to register.

**CLASS SIZE IS LIMITED TO
THE FIRST 40 SIGN UPS**



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