



Adult Fitness Class



RECREATION

# Women & Weights

If you've never lifted weights before, consider taking this challenge. Participants will learn how to use a combination of resistance machines and free weights, such as dumbbells and barbells. This will give you a comprehensive weight training workout.

**CLASS DAYS:  
MONDAYS & THURSDAYS**

**DATES:  
APRIL 6, 2026 - JUNE 11, 2026  
\*NO CLASS MAY 25<sup>TH</sup>, DUE TO  
MEMEORIAL DAY**

**TIME:  
6:00PM**

**LOCATION:  
DAN DIAZ RECREATION CENTER**

Dan Diaz Recreation Center  
16053 Calle de Paseo  
Irwindale, CA 91706  
626-430-2224  
[www.irwindaleca.gov](http://www.irwindaleca.gov)

Important information on  
the back of this flyer.



**#iRecROCKS**



**INSTRUCTOR:**  
*CERTIFIED HEALTH  
& WELLNESS COACH  
APRIL WILLIAMS*



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

**Registration Dates:**

**Residents\***

Monday, March 16, 2026 -  
Saturday, April 4, 2026

**Non-residents**

Monday, March 23, 2026 -  
Saturday, April 4, 2026

Must be 18yrs or older to register.

**CLASS SIZE IS LIMITED TO  
THE FIRST 12 SIGN UPS  
(SUBJECT TO CHANGE)**

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

For ADA accommodation requests, please contact Luana Acuña at 626-430-2297.



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