



# **Update on Parks, Recreation and Community Services Department Fitness Centers and Boxing Facilities**

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**Parks, Recreation and Community Services  
Department**

Park and Recreation Commission  
November 19, 2018

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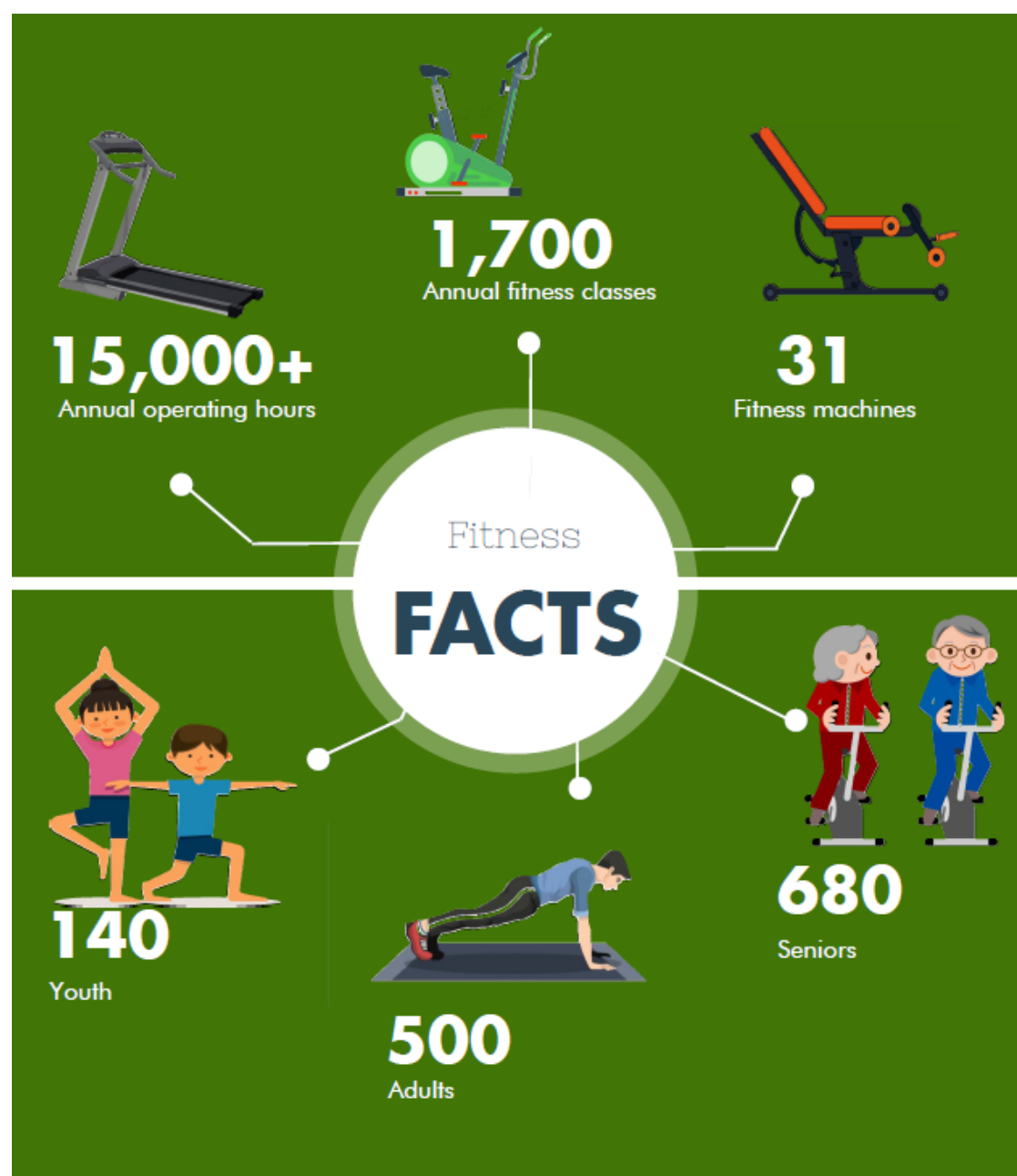
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# Fitness & Boxing Programs

# Fitness Centers

1. Bobby Bonds Park  
(Cesar Chavez Community Center)
2. Bordwell Park  
(Stratton Community Center)
3. Bryant Park  
(Arlanza Community Center)
4. Dales Senior Center
5. La Sierra Senior Center
6. Villegas Park  
(Ysmael Villegas Community Center)





# Boxing Program

1. Villegas Park  
(Ysmael Villegas Community Center)

Monday - Thursday  
6:15 - 8:15 p.m.

2. Bryant Park  
(Arlanza Community Center)

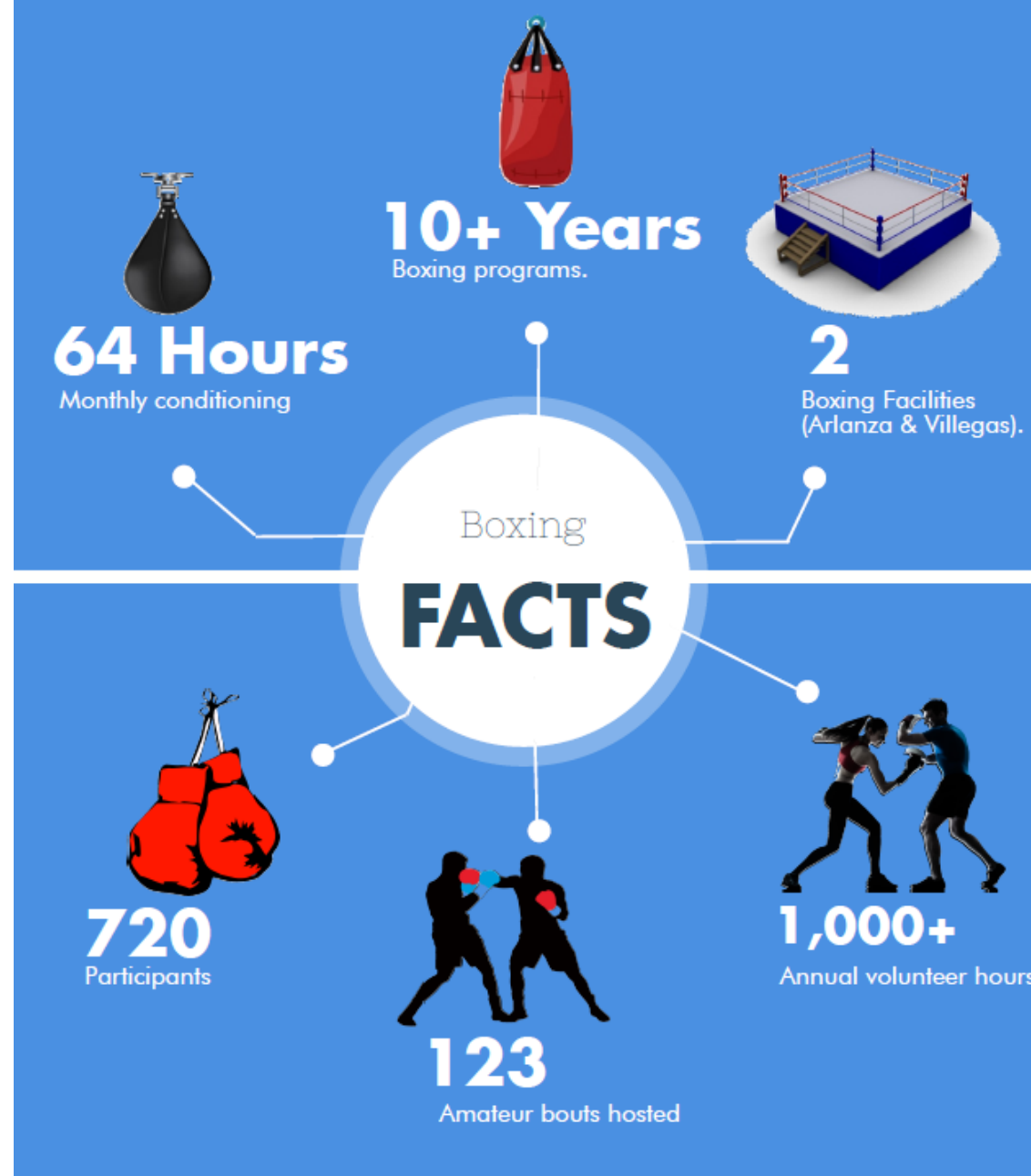
Monday - Thursday  
4:00 - 8:00 p.m.

Coed athletes 7-17 years

## Skills

- Conditioning
- Footwork
- Breathing techniques
- Basic punches
- Defense
- Navigation of the ring
- Discipline
- Concentration
- Self esteem
- Physical health





# PARTNERS



# RECOMMENDATION

That the Park and Recreation Commission receive an update on the Parks, Recreation and Community Services Department Fitness Centers and Boxing Facilities and provide feedback as appropriate.