



## UPDATE ON FITNESS CENTERS AND BOXING FACILITIES

Parks, Recreation and Community  
Services Department

Community Services and Youth Committee  
December 12, 2018

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# Fitness & Boxing Programs



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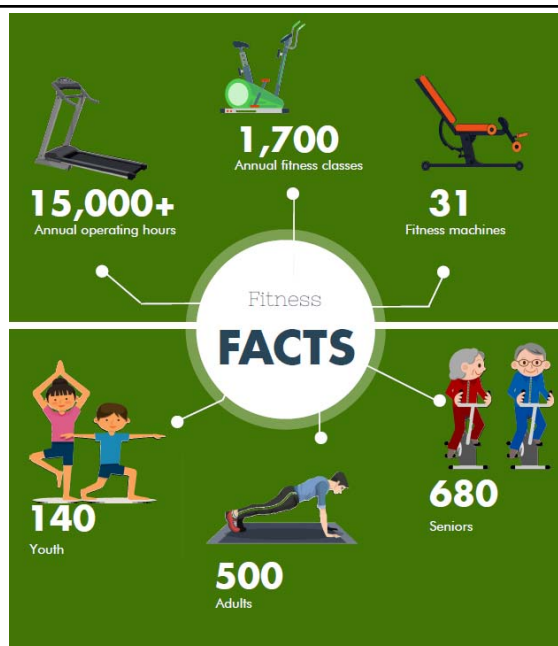
## Fitness Centers

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)



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## Boxing Program

1. Villegas Park  
(Ysmael Villegas Community Center)

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

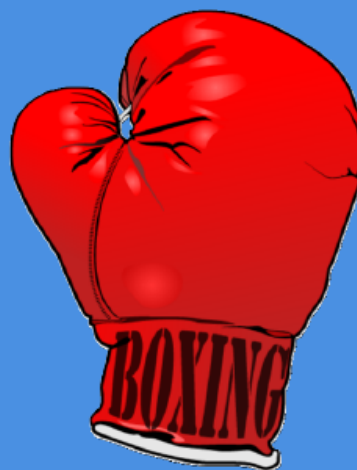
2. Bryant Park  
(Arlanza Community Center)

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

Coed athletes 7-17 years

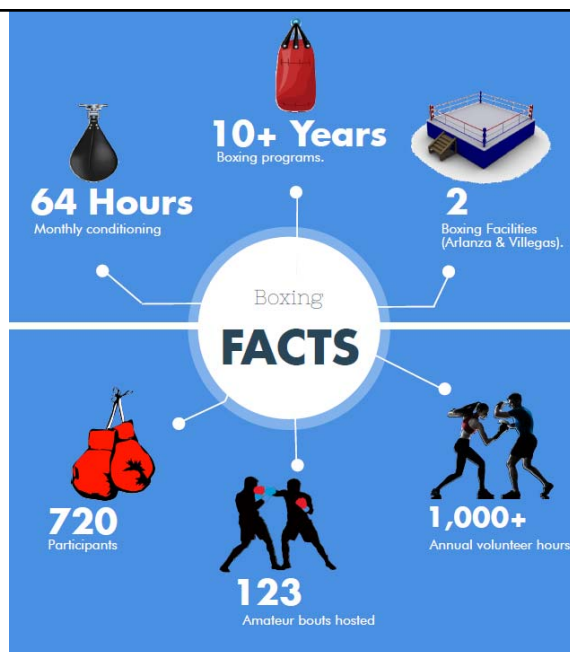
### Skills

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



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## PARTNERS



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## RECOMMENDATION

That the Community Services and Youth Committee review and receive the report for file.



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