



CITY OF LOS ANGELES -DEPARTMENT OF RECREATION AND PARKS

# CABRILLO BEACH BATHHOUSE

3800 STEPHEN M. WHITE DR. SAN PEDRO, CA 90731  
(310) 548-7554 / CABRILLOBEACH.BATHHOUSE@LACITY.ORG



# ZUMBA

Mondays at 6:15pm-7:15pm *WITH GLORIMAR*

NO CLASS JAN 19, FEB 16, MAR 30

Wednesdays at 7:15pm-8:15pm

\$25/month for each day/time option

Starts 2nd week in January 2026

Register Here



A high-energy class features a variety of music styles. This full-body workout helps improve cardiovascular fitness, coordination, and balance. The instructor provides modifications for all fitness levels to ensure that everyone enjoys the class and its benefits. This is not a dance class.



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@CABRILLOBB

IF YOU ARE A PERSON WITH A DISABILITY AND REQUIRE ACCOMMODATION TO PARTICIPATE IN A CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS PROGRAM, SERVICE, OR ACTIVITY, REQUESTS MAY BE MADE BY CALLING THE FACILITY (310) 548-7554 OR 711 FOR CA RELAY, TEN DAYS IN ADVANCE OF THE EVENT. WE WILL DO OUR BEST TO FULFILL REQUESTS WITH LESS THAN TEN BUSINESS DAYS' NOTICE. IF A PARTICIPANT REQUIRES A ONE TO ONE AIDE, REQUESTS WILL BE FULFILLED WITHIN SEVEN BUSINESS DAYS OF RECEIVING REQUIRED PAPERWORK AND DOCUMENTATION NEEDED TO ISSUE A RIGHT OF ENTRY PERMIT TO THE AGENCY PROVIDING THE AIDE. PLAYLA YOUTH AND ADAPTIVE SPORTS PROGRAM IS MADE POSSIBLE BY THE LA28 OLYMPIC AND PARALYMPIC GAMES. WAIVERS AVAILABLE FOR THOSE WHO QUALIFY, ASK FOR DETAILS. CLASSES AND PROGRAMS ARE SUBJECT TO CHANGE OR CANCELLATION WITHOUT PRIOR NOTICE.