

WINTER 2026 CLASSES AT-A-GLANCE

YOUTH CLASSES

NO
CLASSES
ON MON
1/19 & 2/16

REGISTRATION OPENS 12/8/25

ALL CLASSES START THE WEEK OF 1/12/26 THRU 3/16/26

CLASSES	DAYS	TIMES	AGES
Baseball Skills Training	Monday 1/12 - 3/16	6:30 PM - 7:30 PM	7-15
Mini Beginners Exercise Fitness Class	Monday 1/12 - 3/16	5:00 PM - 6:00 PM	3-6
GPLA Beginners Boxing	Monday 1/12 - 3/16	6:00 PM - 7:00 PM	7-17
GPLA Boxing Fitness	Monday 1/12 - 3/16	7:00 PM - 8:00 PM	7-17
GPLA Intro to Cheerleading	Monday 1/12 - 3/16	5:30 PM - 6:30 PM	8-14
GPLA Intro to Cheerleading	Monday 1/12 - 3/16	6:30 PM - 7:30PM	8-14
Track and Field Fundamentals	Monday 1/12 - 3/16	6:00 PM - 7:00 PM	9-15
Beginners KickBoxing	Tuesday 1/13 - 3/3	5:00 PM - 6:00 PM	7-17
Advanced Boxing Drills	Tuesday 1/13 - 3/3	7:00 PM - 8:00 PM	7-17
Intermediate Boxing Fitness	Wednesday 1/14 - 3/4	5:00 PM - 6:00 PM	7-17
Track and Field Fundamentals	Wednesday 1/14 - 3/4	6:00 PM - 7:00 PM	9-15
Advanced Boxing Fitness	Wednesday 1/14 - 3/4	6:00 PM - 7:00 PM	7-17
Advanced Boxing	Wednesday 1/14 - 3/4	7:00 PM - 8:00 PM	7-17
GPLA Intro to Cheerleading	Wednesday 1/14 - 3/4	5:30 PM - 6:30 PM	8-14
GPLA Intro to Cheerleading	Wednesday 1/14 - 3/4	6:30 PM - 7:30PM	8-14
Dodgeball Fitness	Thursday 1/15 - 3/5	5:00 PM - 6:00 PM	7-17
Beginners Boxing	Thursday 1/15 - 3/5	6:00 PM - 7:00 PM	7-17
Beginners Boxing Fundamentals	Thursday 1/15 - 3/5	7:00 PM - 8:00 PM	7-17
GPLA Softball Fielding Fundamentals	Thursday 1/15 - 3/5	5:30 PM - 6:30 PM	8-15
GPLA Softball Skills Training	Thursday 1/15 - 3/5	6:30 PM - 7:30 PM	8-15
Spin Cycle for Kids	Friday 1/16 - 3/6	6:00 PM - 7:00 PM	5-17
Baseball Skills Training	Friday 1/16 - 3/6	6:30 PM - 7:30 PM	7-15

MADE POSSIBLE BY THE LA28 OLYMPIC AND PARALYMPIC GAMES

OBAMA SPORTS COMPLEX AT RANCHO CIENEGA
5001 OBAMA BLVD., LOS ANGELES, CA 90016
(323) 290-3141
RANCHOCIENEGA.SPORTSCENTER@LACITY.ORG



WINTER 2026 CLASSES AT-A-GLANCE

FREE

hello
WINTER

ADULT CLASSES

ALL FREE CLASSES ARE YEAR ROUND

CLASSES	DAYS	TIMES	AGE	FEE
Ballroom Chacha & Salsa	Tuesdays	11:00AM - 12:30 PM	18+	FREE
R&B Dance Workout	Tuesdays	6:00 PM - 7:00 PM	18+	FREE
Line Dancing	Wednesdays	2:30 PM - 4:30 PM	18+	FREE
Adult Salsa Dance	Wednesdays	6:00 PM - 7:30 PM	18+	FREE
Ballroom Chacha & Salsa	Thursdays	11:00AM - 12:30 PM	18+	FREE
R&B Dance Workout	Thursdays	6:00 PM - 7:00 PM	18+	FREE
Adult Salsa Dance	Saturdays	1:30 PM - 3:00 PM	18+	FREE

ACHIEVING GENDER EQUALITY THROUGH A CONTINUOUS COMMITMENT TO GIRLS AND WOMEN IN SPORTS.

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 AT 213-290-3141, 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.



HAPPY
Holidays!



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