

2013



**Los Angeles County Resource List:
Free and Low-Cost Opportunities for Physical Activity
in Your Community**

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DIVISION OF CHRONIC DISEASE AND INJURY PREVENTION
695 S. Vermont Ave., Suite 1400, Los Angeles, CA 90005 | P: 213.351.7887

- County of Los Angeles Public Health Working For You.
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Revised 4/1/13



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#	Community/City	Site Name/ Address	Activity	Days and Times	Months Available
1.	Altadena	Charles White Park 77 Mountain View St. Altadena, CA 91001	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year-Round
2.	Azusa	Dalton Park 18867 E. Armstead St. Azusa, CA 91702	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
3.	Azusa	Valleydale Park 5525 N. Lark Ellen Avenue Azusa, CA 91702	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
4.	Baldwin Park	Hilda Solis Park Esther Snyder Community Center 4100 Baldwin Park Blvd. Baldwin Park, CA 91706	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
5.	Baldwin Park	Morgan Park 4100 Baldwin Park Blvd, Baldwin Park, CA 91706	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
6.	Beverly Hills	La Cienega Park 8400 Gregory Way Beverly Hills, CA 90211	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
7.	Burbank	Tuttle Senior Center 1731 N. Ontario St. Burbank, CA 91505	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round

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8.	Cerritos	Cerritos Regional Park 19700 S. Bloomfield Ave. Cerritos, CA 90701	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
9.	Compton	Gonzales Park Aquatic Center 1101 West Cressey St. Compton, CA 90222	Swimming Pool	Daily 1:00pm – 4:00pm	End of May - August
10.	Compton	Leuders Park William Love Swimming Pool 1500 E. Rosecrans Ave. Compton, CA 90221	Swimming Pool	Mon.-Fri. 4:00pm – 7:00pm	2 nd Week of June – September (Labor Day)
11.	Compton	Ray Campanella Park 14812 Standford Ave. Compton, CA 90220	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
12.	Compton	Washington Elementary School Natural Park 1421 N. Wilmington Ave. Compton, CA 90222	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
13.	Culver City	Slauson Recreation Center 5070 Slauson Ave. Culver City, CA 90230	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round

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14.	El Monte	Columbia School 3400 N. California St. El Monte, CA 91731	Healthy El Monte Walking Club	Tues./ Thurs. 5:30pm -6:30pm Sat. 9:00am – 10:00am	Year-Round Sept. 2011 – Aug. 2013
15.	El Monte	Lashbrook Park 3141 Lashbrook Ave. El Monte, CA 91733	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
16.	Gardena	Primm Memorial Pool 1650 W 160 th Street Gardena, CA 90247	Swimming Pool	Daily	Mid July – Mid Aug
17.	Glendale	Mountain Do Trail Glendale Sports Complex 2200 Fern Lane Glendale, CA 91208	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
18.	Hacienda Heights	Steinmetz Park 1545 South Stimson Ave. Hacienda Heights, CA 91745	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
19.	Hawthorne	Memorial Park 3943 El Segundo Blvd. Hawthorne, CA 90250	Park/Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
20.	Huntington Park	Raul Perez Memorial Park 6131 Cottage St. Huntington Park, CA 90255	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round

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21.	Irwindale	Santa Fe Dam Regional Park 15501 E. Arrow Highway Irwindale, CA 91706	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
22.	Lancaster	El Dorado Park 44501 5th St. E Lancaster, CA 93535	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
23.	La Puente	Allen J. Martin Park 14830 E. Giordano Street La Puente, CA 91744	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
24.	La Puente	Avocado Heights Park 14105 Don Julian Road La Puente, CA 91746	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
25.	La Puente	Bassett Park 510 N. Vineland Avenue La Puente, CA 91746	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
26.	La Puente	San Angelo Park 245 S San Angelo Ave. La Puente, CA 91746	Park/ Outdoor Fitness Equipment	Daily Dawn – Dusk	Year- Round
27.	La Puente	Sunshine Park 515 S. Deepmead Ave. La Puente, CA 91746	Park/ Outdoor Fitness Equipment	Daily Dawn – Dusk	Year- Round

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28.	La Puente	Rimgrove Park 747 N. Rimgrove Dr. Valinda, CA 91744	Park/ Outdoor Fitness Equipment	Daily Dawn – Dusk	Year- Round
29.	Lakewood	Willow Elementary School 11733 E. 205 th St. Lakewood, CA 90715	Wii Fitness Class	Tues/Thurs 2:30pm – 3:30pm	Year-Round Feb. 2012 – Mar. 2014
30.	Lawndale	Alondra Park 3850 W. Manhattan Beach Lawndale, CA 90260	Park/ Outdoor Fitness Equipment	Daily Dawn – Dusk	Year- Round
31.	Littlerock	Jackie Robinson Park 8773 E. Avenue “R” Littlerock, CA 93543	Park/ Outdoor Fitness Equipment	Daily Dawn – Dusk	Year- Round
32.	Long Beach	Fairfield Family YMCA 4949 Atlantic Ave. Long Beach, CA 90805	Heated Swimming Pool	Mon – Thurs 7:00am – 10:00am and 12noon-7:00pm Fri 7:00pm – 10:00pm and 3:00pm-6:45pm Sat 9am – 2:45pm	Year- Round

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33.	Lynwood	Lynwood Park Natatorium 3770 Martin Luther King Blvd. Lynwood, CA 90262	Swimming Pool	Mon.-Fri. 12:30pm – 2:30pm and 3:00pm – 5:00pm Sat. 1:00pm – 3:00pm	Feb – Nov
34.	Los Angeles Boyle Heights	Euclid Elementary School 806 Euclid Ave. Los Angeles, CA 90023	Tennis Programming	Tues./Thurs. 3:30pm – 4:30pm	Year-Round Feb. 2012 – Feb. 2014
35.	Los Angeles Boyle Heights	Mendez Learning Center 1200 Plaza del Sol Los Angeles, CA 90033	Zumba Exercise Classes	Tues./Thurs. 6:00pm – 7:00pm	Year-Round Nov. 2011 – Nov. 2013
36.	Los Angeles East Los Angeles	Belvedere Park 4914 E. Cesar E. Chavez Los Angeles, CA 90022	Park/ Outdoor Fitness Equipment	Daily Dawn – Dusk	Year- Round
37.	Los Angeles East Los Angeles	City Terrace Park 1126 N. Hazard Avenue Los Angeles, CA 90063	Park/ Outdoor Fitness Equipment	Daily Dawn – Dusk	Year- Round
38.	Los Angeles East Los Angeles	Ruben F. Salazar Park 3864 Whittier Blvd. Los Angeles, CA 90023	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
39.	Los Angeles East Los Angeles	Saybrook 6250 E. Northside Drive Los Angeles, CA 90022	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round

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40.	Los Angeles Florence – Firestone	Roosevelt Park 7600 Graham Ave. Los Angeles, CA 90001	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
41.	Los Angeles Florence - Graham	Colonel Washington Park 8908 S. Maie Ave. Los Angeles, CA 90002	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
42.	Los Angeles Griffith-Metro	Benny H. Potter West Adams Avenues Memorial Park 2413 Second Ave., Los Angeles, CA 90018	Park/Outdoor Fitness Equipment Trail	Daily Dawn- Dusk	Year- Round
43.	Los Angeles Griffith-Metro	Eagle Rock Recreation Center 1100 Eagle Vista Dr., Los Angeles, CA 90041	Park/ Outdoor Fitness Equipment	Mon.- Fri. 10:00am – 9:00pm Sat 9:00am – 5:00p	Year- Round
44.	Los Angeles Griffith-Metro	Glassell Park Recreation Center and Youth Center 3650 Verdugo Rd., Los Angeles, CA 90065	Park/Outdoor Fitness Equipment/ Sports Leagues Dance Classes Sports Classes	Recreation Center: Mon.- Fri. 3:00pm- 9:00pm Sat. 9:00am- 5:00pm Youth Center: Mon.- Fri. 9:00am- 6:00pm	Year- Round

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45.	Los Angeles Griffith-Metro	Hollenbeck Park Recreation Center 415 S St Louis St. Los Angeles, CA 90033	Park/ Outdoor Fitness Equipment	Mon. and Wed. 9:00am - 9:30pm Tues. and Thurs. 9:00am – 8:00pm Fri. 9:30am – 10:00pm Sat. 9:30am – 6:00pm Sun 10:00pm – 5:00pm Holiday 2:00pm – 10:00pm	Year- Round
46.	Los Angeles Griffith-Metro	Hoover Recreation Center 1010 W. 25th St. Los Angeles, CA 90007	Park/Outdoor Fitness Equipment	Mon. 11:00am- 7:00pm Tues./Thurs. 11:00am- 8:00pm Wed./Fri. 11:00am- 9:00pm Sat. 9:00am- 1:00pm	Year-Round

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47.	Los Angeles Griffith-Metro	Lemon Grove Park Recreation Center 4959 Lemon Grove Ave. Los Angeles, CA 90029	Park/Outdoor Fitness Equipment	Mon. – Fri. 9:00am- 9:00pm Sat 9:00am- 5:00pm	Year-Round
48.	Los Angeles Griffith- Metro	Lincoln Park 3501 Valley Blvd. Los Angeles, CA 90031	Park/Outdoor Fitness Equipment	Mon.-Fri. 6:00am- 10:00pm Sat./ Sun. 6:00am- 10:00pm	Year-Round
49.	Los Angeles Griffith- Metro	Poinsettia Park 7341 Willoughby Ave., Los Angeles, CA 90046	Park/Outdoor Fitness Equipment	Mon.- Fri. 10:00am- 10:30pm Sat. 9:00am- 7:00pm Sun. 10:00pm-6:00pm	Year-Round
50.	Los Angeles Griffith- Metro	Shatto Recreational Park 3191 W 4 th St, Los Angeles, CA 90020	Park/ Outdoor Fitness Equipment	Mon- Thurs. 10:00am – 9:00pm Fri 11:00am – 7:30pm Sat 9:00am- 5:00pm	Year- Round

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51.	Los Angeles Griffith-Metro	Sycamore Grove Park 4700 N Figueroa St. Los Angeles, CA 90042	Park/Outdoor Fitness Equipment	Daily Dawn-Dusk	Year-Round
52.	Los Angeles Hollywood	Helen Bernstein High School 1309 N. Wilton Pl. Los Angeles, CA 90028	City of L.A. Rec. & Parks Programming	Mon.-Fri. 1:00pm-9:00pm Sat./Sun. 8:00am-9:00pm	Summer Period Fall 2011 – no end date
53.	Los Angeles Mid-City	Pan Pacific Recreation Complex 7600 Beverly Blvd. Los Angeles, CA 90036	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
54.	Los Angeles Mid-Wilshire/ Koreatown	Grand Hope Park- FIDM 919 S. Grand Ave., Los Angeles, CA, 90015	Park/ Outdoor Fitness Equipment	Daily Dawn – Dusk	Year-Round
55.	Los Angeles Mid-Wilshire/ Koreatown	Robert F. Kennedy Community Schools 3400 Wilshire Blvd. Los Angeles, CA 90010	Inspiration Park	Sun. –Sat. 7:00am – 9:00pm	Year-Round Dec. 2010 – no end date

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56.	Los Angeles Pacific	Mar Vista Recreation Center 11430 Woodbine Ave., Los Angeles, CA 90066	Park/Outdoor Fitness Equipment	Mon. - Fri. 9:00am- 10:00pm Sat. 9:00am- 6:00pm Sun. 9:00am- 3:00pm	Year- Round
57.	Los Angeles Pacific	Westside Neighborhood Park 3085 Clyde Ave., Los Angeles, CA 90016	Park/Outdoor Fitness Equipment	Daily Dawn-Dusk	Year-Round
58.	Los Angeles Pacific	Van Ness Recreational Center 5720 2nd Ave Los Angeles, CA 90043	Park/Outdoor Fitness Equipment	Mon./Fri. 9:00am- 6:30pm Tues./Thurs. 9:00am- 9:30pm Wed. 9:00am-9:00pm Sat./Sun. 6:00am- 6:00pm Holiday 1:00pm- 9:00pm	Year-Round
59.	Los Angeles Pacific Palisades	Marquez Elementary 16821 Marquez Ave. Palisades, CA 90272	Access to Lower Playground on Campus	Sat./Sun. Dawn – Dusk	Year-Round May 2010 – Aug. 2012

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60.	Los Angeles Pico Union	Leichty Middle School 650 S. Union St. Los Angeles, CA 90017	Pico Union Walking Club	Mon. – Fri. 6:00pm – 9:00pm Sat./Sun. 9:00am – 6:00pm	Year-Round Fall 2011 – Fall 2014
61.	Los Angeles Pico Union	Miguel Contreras Learning Center 322 S. Lucas Ave. Los Angeles, CA 90017	JUGAR Nights – Variety of Physical Activity Sites	Tues./Thurs. 3:30pm -5:00pm	Year-Round Feb. 2012 – Feb. 2014
62.	Los Angeles South Los Angeles	Athens Park 12603 S. Broadway Los Angeles, CA 90061	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
63.	Los Angeles South Los Angeles	Fred Roberts Recreational Park 4728 Honduras St. Los Angeles, CA 90011	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
64.	Los Angeles South Los Angeles	Gilbert Lindsay Community Center Park 428 E. 42 nd Street Los Angeles, CA 90011	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
65.	Los Angeles South Los Angeles	South Park 345 E. 51 st Street Los Angeles, CA 90011	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round

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66.	Los Angeles South Los Angeles	Trinity Recreation Center 2415 S. Trinity St. Los Angeles, CA 90011	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
67.	Los Angeles South Los Angeles	48th Street Park 4800 South Hoover Los Angeles, CA 90037	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
68.	Los Angeles Southwest Los Angeles	Jesse Owens Community Park Aquatic Center 9835 S. Western Ave. Los Angeles, CA 90047	Swimming Pool	Daily	Year- Round
69.	Los Angeles Southwest Los Angeles	Ladera Park 6027 Ladera Blvd. Los Angeles, CA 90056	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
70.	Los Angeles Watts	Ted Watkins Park 1335 E. 103 rd Streets Los Angeles, CA 90002	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
71.	Los Angeles West	Norman O. Houston Park 4800 South La Brea, Los Angeles, CA 90008	Park/Outdoor Fitness Equipment	Mon. –Fri. 6:00am – 10:00pm Sat. – Sun. 6:00am- 10:00pm	Year-Round

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72.	Los Angeles West Adams	Reuben Ingold Park 4400 Mount Vernon Dr Los Angeles, CA 90008	Park/Outdoor Fitness Equipment Synthetic Track	Daily Dawn- Dusk	Year-Round
73.	Los Angeles Westlake	MacArthur Park 2230 W 6th St Los Angeles, CA 90057	Park/Outdoor Fitness Equipment	Daily Dawn-Dusk	Year-Round
74.	Los Angeles Willowbrook	Carver Elementary School 1425 E. 120 th St. Los Angeles, CA 90059	Fall/ Spring Swim Program (Adult swim)	Mon. – Fri. 8:00am – 8:45 am	Fall/ Spring Sept. 2011 – Sept. 2013
75.	Manhattan Beach	Polliwog Park 1600 Manhattan Beach Blvd. Manhattan Beach, CA 90266	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
76.	Paramount	Dills Park 6500 San Juan Paramount, CA 90723	Park/ Outdoor Fitness Equipment; Fitness Trail	Daily Dawn - Dusk	Year- Round
77.	Paramount	Progress Park 15500 Downey Ave. Paramount, CA 90723	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round

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78.	Paramount	Salud Park 7167 Somerset Blvd. Paramount, CA 90723	Park/ Outdoor Fitness Equipment; Fitness Trail	Daily Dawn - Dusk	Year- Round
79.	Pasadena	Madison School 325 S. Oak Knoll Ave. Pasadena, CA 91101	Tennis Programming	Tues. – Fri. 3:00pm – 6:00pm Sat. 8:30am-3pm Sun. 9:00am-3pm	Year- Round Sept. 2011 – Aug. 2013
80.	Pasadena	Washington Park 700 Washington Blvd. Pasadena, CA 91104	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
81.	Pomona	Palomares Academy 2211 N. Orange Grove Ave. Pomona, CA 91767	Access to Outdoor Fitness Equipment and Adjacent Fields	Mon. – Fri After School, Weekends, and Holidays	Year- Round Jan. 2012 – no end date
82.	Rosemead	Garvey Community Center 9108 Garvey Ave. Rosemead, CA 91770	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
83.	Rosemead	Garvey Park 7933 Emerson Pl. Rosemead, CA 91770	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round

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84.	Rosemead	Rosemead Park 4343 Encinita Ave. Rosemead, CA 91770	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
85.	Rosemead	Zappopan Park 3018 Charlotte Ave. Rosemead, CA 91770	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
86.	Rowland Heights	Pathfinder Community Regional Park 18150 E Pathfinder Rd. Rowland Heights, CA 91748	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
87.	Rowland Heights	Carolyn Rosas Park 18500 Farjardo St. Rowland Heights, CA 91748	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
88.	San Fernando	Las Palmas Park 505 S Huntington St. San Fernando, CA 91340	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
89.	Santa Clarita	Santa Clarita Sports Complex 20870 Centre Pointe Parkway Santa Clarita, CA 91350	Park/ Outdoor Fitness Equipment	Daily Dawn - Dusk	Year- Round
90.	South El Monte	Miramonte Elementary School 10620 Schmidt Rd. South El Monte, CA 91733	Healthy El Monte Walking Club	Tues./Thurs. 8:30am – 9:30am	Year- Round Sept. 2011 – Aug. 2013

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91.	South El Monte	Miramonte Elementary School 10620 Schmidt Rd. South El Monte, CA 91733	Wii Fitness Class	3:00pm -6:00pm	Jan. 2012 – June 2013 (classes slated to start in Fall 2012)
92.	South El Monte	Whittier Narrows Regional Park I & II 823 Lexington – Gallatin Rd. South El Monte, CA 91733	Park/ Outdoor Fitness Equipment	Daily Dawn – Dusk	Year- Round
93.	South Gate	South Gate Swim Stadium 9520 Hildreth Ave. South Gate, CA 90280	Swimming Pool	Fall Mon. – Thurs. 2:00pm – 9:30pm Winter/Sping Mon. – Thurs. 2:00pm – 8:00pm Summer Mon. – Thurs. 11:30am – 9:00pm	Year- Round
94.	Studio City	Studio City Recreation Center 12621 Rye St., Studio City, CA 91604	Park/ Outdoor Fitness Equipment	Mon. – Thurs. 10:00am- 9:00pm Fri 10:00am-8:00pm Sat 9:00am-5:00pm	Year- Round

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95.	Studio City	Woodbridge Park 11240 Moorpark St Studio City, CA 91602	Park/ Outdoor Fitness Equipment	Daily Dawn – Dusk	Year- Round
96.	Sylmar	El Cariso Regional Park 13100 Hubard St. Sylmar, CA 91342	Park/ Outdoor Fitness Equipment	Daily Dawn – Dusk	Year- Round
97.	Whittier	Amelia Mayberry Park 13201 East Meyer Road Whittier , CA 90605	Park/ Outdoor Fitness Equipment	Daily Dawn – Dusk	Year- Round
98.	Whittier	Adventure Park 10130 S. Gunn Ave. Whittier, CA 90605	Park/ Outdoor Fitness Equipment	Daily Dawn – Dusk	Year- Round
99.	Whittier	Palm Park 5703 Palm Ave. Whittier, CA 90601	Park/ Outdoor Fitness Equipment Fitness Trail	Daily Dawn – Dusk	Year- Round

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- County of Los Angeles Public Health Working For You.

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