

2013



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

Find your city

Altadena	5
Azusa	5
Baldwin Park	5
Beverly Hills	5
Burbank	5
Cerritos	6
Compton	6
Culver City	6
El Monte	7
Gardena	7
Glendale	7
Hacienda Heights	7
Hawthorne	7
Huntington Park	7
Irwindale	8
Lancaster	8
La Puente	8

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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



Lakewood 9

Lawndale 9

Littleton 9

Long Beach 9

Lynwood 10

Los Angeles..... 10

 Boyle Heights 10

 East Los Angeles..... 10

 Florence –Firestone 11

 Florence - Graham..... 11

 Griffith-Metro 11

 Hollywood 14

 Mid-City..... 14

 Mid-Wilshire/ Koreatown 14

 Pacific 15

 Pacific Palisades 15

 Pico Union 16

 South Los Angeles 16

 Southwest Los Angeles 17

 Watts..... 17

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West 17

West Adams 18

Westlake 18

Willowbrook..... 18

Paramount 18

Pasadena 19

Pomona 19

Rosemead 19

Rowland Heights 20

San Fernando 20

Santa Clarita 20

South El Monte 20

South Gate 21

Studio City 21

Sylmar 22

Whittier 22

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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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