



THE PHOENIX
RISE | RECOVER | LIVE
LONG BEACH

**FREE SOBER
ACTIVITIES!**



SCAN TO REGISTER

WEEKLY SCHEDULE

TUESDAYS

4:30 PM PICKLEBALL WITH MICHELLE & SHELLY

5:30 PM PICKLEBALL WITH MICHELLE & SHELLY
COLLEGE ESTATES PARK, 808 Stevely Ave., LB, CA 90815

WEDNESDAYS

5:30 PM WALK WITH LASHONDA
HOUGHTON PARK, 6301 Myrtle Ave., LB, CA 90805

6:00 PM DANCE FITNESS WITH CHARLENE & LESLY
ADMIRAL KIDD PARK, 2125 Santa Fe Ave, LB, CA 90810

THURSDAYS

4:00 PM COMMUNITY FITNESS WITH NIKKI
CROSSFIT RECOIL, 10595 Bloomfield St., Los Alamitos, CA 90720

5:30 PM YOGA WITH ANDREW
HILLTOP PARK IN SIGNAL HILL, 2351 Dawson Ave, Los Alamitos, CA 90755

FRIDAYS

5:30 PM PAINT IN THE PARK WITH TAYLOR
LITTLE COTTONWOOD PARK, 4000 Farquhar Ave, Los Alamitos, CA 90720

SATURDAYS

11:00 AM BLUFF YOGA WITH RAELYN & EMILY
THE BLUFFS, 2075 East Ocean, Long Beach, CA. 90803

MONTHLY EVENTS

SATURDAY MARCH 20 11:00 AM – BOXING
GUVNOR'S BOXING CLUB, 1630 E. Anaheim St., LB, CA 90813

**VISIT THEPHOENIX.ORG OR CONTACT US AT
424.272.6039 / LASTAFF@THEPHOENIX.ORG**