



City of Los Angeles, Dept. Recreations and Parks
Pan Pacific Senior Activity Center
 141 S. Gardner St., Los Angeles, CA 90036
 (323) 935-5705 panpacific.seniorcenter@lacity.org



Pan Pacific Senior Activity Center

Achieve Your Fitness Goals through Creative Dance, Resistance Training & Strength Circuit at the Pan Pacific Senior Activity Center!



CREATIVE DANCE

Mondays

9:30am-10:20 am

Cardio Dance based session! Groove to the different musical styles and learn the steps of amazing dances. All dance fitness levels are welcomed!

RESISTANCE TRAINING

Mondays

10:30am-11:30am

Test your limits. Test your strength using your own body weight and light weights!



STRENGTH CIRCUIT

Thursdays

2:00pm-2:45pm

Join Us! for a total body strength class working unilateral, compound & balance exercises circuit style. *Chair is optional.



Register Today!

\$8 DROP-IN FOR MEMBERS

\$12 DROP-IN FOR NON-MEMBERS

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*NOTE First come first served basis Payments must be made no later than the first week of the month Persons with disabilities are welcomed to participate in our classes and programs Reasonable accommodations will be made with prior arrangements Please be aware that some accommodations may take 30 days or longer Programs and classes are subject to change or cancellation without notice No refunds will be issued unless the program is cancelled by the senior center.

