



City of Los Angeles, Department of Recreation & Parks

Pan Pacific Senior Activity Center

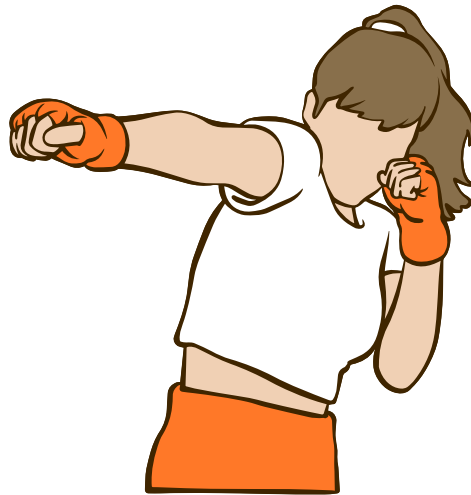
141 S. Gardner St., Los Angeles, CA 90036
(323)935-5705 panpacific.seniorcenter@lacity.org



SHADOW KICKBOXING

Active Adults ages 50+ Winter Session Runs from 01/12/26 through 03/28/26.
Registration Begins 12/08/2025

Thursdays from 1:15PM to 1:45PM



**Join Us for a 30 – Minute Cardio Kickboxing Class Mixed with Both
Club Boxing & Mixed Martial Arts. Learn Both Punch & Kick
Techniques to Build Cardiovascular, Strength & Endurance !**

**Improve Your Physical Attributes from Balance, Coordination, Speed & Power
While Using it as a Mental Tool for Stress Relief, Focus & Muscle Memory.**

**\$8.00 Drop-In for Members &
\$10.00 for Non-Members !**



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The Gram. @PanPacificSAC



NOTE: First come first served basis. 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 (323)935-5705, 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. Programs and classes are subject to change or cancellation without notice. No refunds will be issued unless the program is canceled by the senior center.

