



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 CLASSES FOR ADULTS AGES 25+ & UP

Classes/Activities	Description	Day/Time	Fees
Chair Yoga Sound Bath	Join us for a gentle chair yoga session designed to improve flexibility & balance, followed by a soothing sound bath to promote relaxation & well-being.	Tuesday 10AM to 11AM	Drop-in only. \$8 for Members. \$12 for Non-Members.
Pilates Fusion Express	30 - minutes of Mat Pilates! Total body sculpt & tone. Focusing on core & balance. Yoga mat required.	Tuesdays from 11:15AM to 11:45AM	Drop-in only. \$8 for Members. \$12 for Non-Members.
Mixed Media Art	Art using various techniques from more than one medium or material from collages, paintings to 3D designs!	Thursdays 10AM to 11AM	\$35 for Members/ \$45 for Non-members
ZUMBA PARTY !	A 30-minute ZUMBA party mixing a variety of world dances across the globe! All dance levels welcomed.	Thursdays 1:15PM to 1:45PM	Drop-in only. \$8 for Members. \$12 for Non-Members.
Strength Circuit	Total Body Strength Class working unilateral, compound & balance exercises circuit style. *Chair is optional.	Thursdays 2PM to 2:45PM	Drop-in only. \$8 for Members. \$12 for Non-Members.
The Art of Storytelling	Explore the craft of storytelling, develop unique & share personal narratives, life lessons, or imaginative tales.	Fridays 1PM to 2PM	FREE to Members / \$25 for Non-Members.
Modern Calligraphy	Discover the art of beautiful handwriting as we explore modern calligraphy techniques.	Fridays 2PM to 3PM.	\$20.00 for Members / \$35 for Non-Members.

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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.

