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PAN PACIFIC SENIOR ACTIVITY CENTER

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Spring 2024 Program Schedule

Programs run from April 8th through June 21st. Limited Space! Adults ages 50+

Classes/Activities	Description	Day/Time	Fees
Pan Pacific Membership	Discounted rates & fees in various programs, classes, field trips, activities & more!	Good thru Dec. 31, 2024	\$25.00
World Dance	Cardio dance based session! Move to different genres across the world from Latin, African to Mediterranean beats!	Mondays 9:30AM to 10:15AM	\$40 per month/\$8 Class Drop-In
Adult Coloring	Improve your motor skills, focus & concentration in our adult coloring class!	Monday 10:15AM to 10:45AM	FREE to Members Only
Resistance Training	Test your limits. Test your strength using your own bodyweight & light weights.	Mondays 10:30AM-11:30AM	\$40 per month/\$8 Class Drop-In
Chair Circuit	As seen on LACityView35! Join Monica in person for this incredible workout. Burn calories now and later using your water bottle and workout towel. *It is recommended that you bring water and a workout towel to class.	Mondays 1PM to 1:45PM	6 Weeks. \$10 for Members/\$15 for Non-members
PANcasso Art Class	Channel your inner Picasso and let your creativity flow like never before!	Thurs. 10am-11am	\$15 per month. For Members Only
Walk & Talk Club	Let's wrap the week off with steps and great conversation around beautiful Pan Pacific Park. Let's talk about the weekend and goal setting.	Friday 9AM to 9:50AM	FREE to Members Only
GymBrain	Puzzles, Crossword Games, Team Game Activities and more! Flex your memory in groups while making new friends!	Fridays 10AM to 11AM	6 Weeks. FREE to Members/\$5 Drop-In
Yin Yang Yoga	Experience the best of Yin (internal) & Yang (external) movements where the practice is slower & poses are held longer.	Fridays 1PM to 2PM	\$40 per month/\$8 Class Drop-In

Checkout Our FREE Workout Videos On Demand! YouTube: LA CityView 35. Playlist: RecConnectLA