

Las Palmas Senior Center

1820 Las Palmas Ave Los Angeles CA 90028

323 465 7787



Laspalmasseniorcentet@gmail.com



Beatriz Vasquez
Instructor

USA Congress
Recognized Artist

Adult Dance/Fitness Classes Ages 40 and Up

We work with each individual's level

www.beatrizvasquez.com

Mondays
1:00PM

Movement/Dance
for performance

A combination of exercise and dance class. Class will begin with 30 minutes of body conditioning, abs, legs workout, mobility and flexibility exercises followed by learning dances and choreography for the upcoming performance.

*You do not have to perform in order to participate

Wednesdays
2:30PM

Chair exercise

A class created specifically for the aging body, based on dance, Pilates, yoga and mobility principles. we stretch, we condition, we do core workouts, legs, glutes, arms, and we finish class with weights.

Fridays
2:30PM

Restorative Yoga

The most beneficial kind of yoga class for the body, in this class we bring the body back to its ultimate functioning ability, you will feel elongated, more flexible and strong.



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Persons with disabilities are welcome to participate in our programs. Reasonable accommodations can be made with prior arrangements. Please be aware that some accommodations may take up to 30 days. Please submit your request as soon as possible