



City of Los Angeles Department of Recreation and Parks



LAS PALMAS SENIOR CENTER

1820 Las Palmas Ave Los Angeles CA 90028

323-465-7787

laparks.org/scc/laspalmas

WORKOUTS WITH DEON



RHYTHM BOXING

CARDIO EXERCISE

Join us in our Rhythm Boxing class where you will learn basic boxing movements & techniques at a healthy pace. Discover a new & exciting way to improve cardiovascular health as you box to the rhythm!

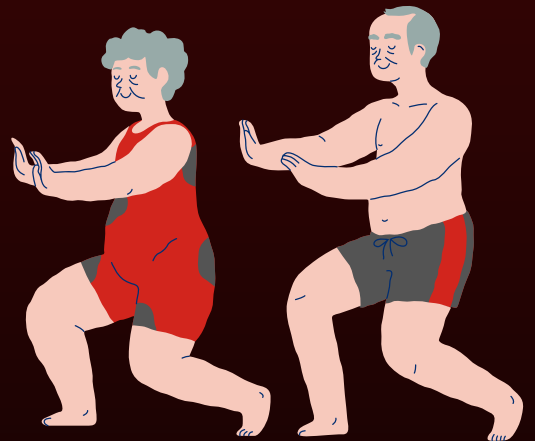
MONDAYS & FRIDAYS - 10am

FLOW MEDITATION & MOVEMENT

LOW IMPACT, MIND-BODY EXERCISE

Participate in this new OUTDOOR exercise class involving continuous gentle movements & breathing exercises aimed to enhance strength, flexibility, & balance. This is a great way to start your day!

MON, WED, FRI - 9am



STANDING PILATES

MUSCLE & BALANCE EXERCISE

Are you looking to regain your strength & balance back? Join this full body exercise class to begin developing, core muscles, posture, & even endurance. Challenge yourself today & results will show!

WEDNESDAYS - 10am

