



City of Los Angeles, Dept Recreations and Parks  
 Pan Pacific Senior Activity Center  
 141 S. Gardner St. Los Angeles, CA 90036  
 (323) 935-5705 panpacificseniorcenter@lacity.org



# PAN PACIFIC SENIOR ACTIVITY CENTER

## CHAIR YOGA SOUND BATH



Tuesdays

10:00am-11:00am

\$30 per Month for Members/ \$8 drop-in

Join us for a gentle chair yoga session designed to improve flexibility and balance followed by a soothing sound bath to promote relaxation and well being! This class is perfect for seniors looking to enhance their physical and mental health in a supportive environment!

NEW CLASS! This Class Starts on 10/8/24.

## CREATIVE DANCE

Mondays

9:30am-10:15am

\$30 per Month for Members/ \$8 drop-in

Cardio Dance based session! Groove to the different musical styles and learn the steps of amazing dances. All dance fitness levels are welcomed!



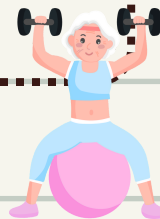
## RESISTANCE TRAINING

Mondays

10:30am-11:30am

\$30 per Month for Members/ \$8 drop-in

Test your limits. Test your strength using your own body weight and light weights!



Achieve Your Fitness Goals through Creative Dance, Resistance Training & Chair Yoga Sound Bath at the Pan Pacific Senior Activity Center!

Follow us @panpacificsac



Register Today!



\*NOTE First come first served basis Payments must be made no later than the first week of the month Persons with disabilities are welcomed to participate in our classes and programs Reasonable accommodations will be made with prior arrangements Please be aware that some accommodations may take 30 days or longer. Programs and classes are subject to change or cancellation without notice. No refunds will be issued unless the program is cancelled by the senior center.