

LAS PALMAS SENIOR CENTER

Las Palmas Senior Center • 1820 N. Las Palmas Ave., Los Angeles, CA 90028 • Phone: (323) 465-7787

2021 Center Classes/Activities

Daily Reminders

Office Hours:

Monday: 1:30pm-4:30pm
 Tuesday: 2:00pm-4:00pm
 Wednesday: 1:00pm-3:30pm
 Thursday: 9:30am-12:30pm
 Friday: 2:00pm-4:00pm
Closed Saturday & Sundays

**Masks must be worn
at all times!**

**Seniors are only
allowed in the center
to attend a class!**



CLASS	DAY	TIME	FEE
PERFORMANCE WORKSHOP	Monday Thursday	2:00pm - 4:00 pm 10:00 am - 12:00 pm	FREE
FLUID MOVEMENT	Tuesday	2:30 pm - 3:30 pm	\$10 a month
ART CLASS	Wednesday	1:30pm - 3:00 pm	FREE
YOGA	Friday	2:30 pm - 3:30 pm	\$10 a month

Persons with disabilities are welcomed to participate in our programs. Reasonable accommodations will be made with prior arrangements. "Participation in fitness classes involves varying degrees of accidental injury risks. The City of Los Angeles Department of Recreation and Parks (RAP) is not responsible for any injury to any person suffered while warming up or participating in exercise and fitness classes for any reason whatsoever. Each adult participant certifies upon registration that he/she is physically capable of participating in a class. RAP recommends that every participant speak with a physician and receive a physical prior to participating in any exercise and fitness class." "Achieving gender equity through a continuous commitment to girls and women in sports."

Facility hours, classes and programs in this flyer may be subject to change and/or cancellation

