



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



Pan Pacific Senior Activity Center

Wellness & Fitness Classes

Creative Dance

Monday 9:30AM to 10:20AM

Resistance Training

Monday 10:30AM to 11:30AM

Chair Yoga Sound Bath

Tuesday 10:00AM to 11:00AM

Strength Circuit

Thursdays 2:00PM to 2:45PM

Register Today!

\$8 DROP-IN FOR MEMBERS

\$12 DROP-IN FOR NON-MEMBERS



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Classes are on a first come first served basis. If you are a person with a disability and require accommodation to participate in a City of Los Angeles Department of Recreation and Parks program, service, or activity, requests may be made by calling the facility at (323)935-5705, or 711 for CA Relay, ten days in advance of the event. We will do our best to fulfill requests with less than ten business days' notice. If a participant requires a one to one aide, requests will be fulfilled within seven business days of receiving required paperwork and documentation needed to issue a Right of Entry Permit to the agency providing the aide. Programs and classes are subject to change or cancellation without notice. No refunds will be issued unless the program is canceled by the senior center.

Fitness Classes Descriptions

Creative Dance

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

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

Chair Yoga & Sound Bath

Gentle chair yoga session designed to improve flexibility & balance, followed by a soothing sound bath to promote relaxation & well-being.

Strength Circuit

Join us for a total body strength class working unilateral, compound & balance exercises circuit style. *Chair is optional.



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