



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



# RESISTANCE TRAINING

## MONDAYS FROM 10:30AM-11:30AM



**TEST YOUR LIMITS. TEST YOUR STRENGTH USING YOUR OWN  
BODYWEIGHT AND LIGHT WEIGHTS.**



**Register Today!**

**@PanPacificSAC**



**\$8 DROP-IN FOR MEMBERS**  
**\$12 DROP-IN FOR NON-MEMBERS**



**NOTE: 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.**