

# VETERANS MEMORIAL SENIOR CENTER ADAPTIVE P.E. FALL SESSION 1, 2017

## September 5th through October 27th

APE Classes: Monday, Wednesday, Friday \$138 (23 classes)  
8:30 to 10:30 and 10:30 to 12:00

Tuesday, Thursday \$96 (16 classes)  
8:30 to 10:30, 10:30 to 12:00 and 1:00 to 2:30

Modified Zumba: Monday 10:00-11:00 \$36 (6 classes)

Level 2 Circuit Training: Tuesday 2:30-3:30 \$70 (7 classes)  
Thursday 2:30-3:30 \$80 (8 classes)

Chair Yoga: Friday 11:00-12:00 \$42 (7 classes)

Evening Weight Loss: Monday 7:00-8:00 pm \$70 (7 classes)  
Thursday 7:00-8:00 pm \$80 (8 classes)

Parkinson's Classes: Please call for information (650) 368-7732

\*\*\*Complete Balance Assessment and Hourly Personal Training Available

### **Payment Options:**

- Checks payable to APE
- Cash

**Phone #** (650) 368-7732

## **Fall Session 2 Starts** **Monday, October 30th**