

VETERANS MEMORIAL SENIOR CENTER
ADAPTIVE P.E. FALL SESSION 1, 2018

September 4th through October 26th

APE Classes: Monday, Wednesday, Friday \$138.00
8:30 to 10:30 and 10:30 to 12:00

Tuesday, Thursday \$96.00
8:30 to 10:30, 10:30 to 12:00 and 1:00 to 2:30

Modified Zumba: Monday 10:00-11:00 \$42.00

Level 2 Circuit Training: Tuesday 2:30-3:30 \$80.00

Thursday 2:30-3:30 \$70.00

Chair Yoga: Wednesday 11:00-12:00 \$42.00

Friday 10:30-11:30 \$48.00

Evening Weight Loss: Monday 7:00-8:00 pm \$70.00

Thursday 7:00-8:00 pm \$80.00

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

***Complete Balance Assessment and Hourly Personal Training Available

Payment Options:

Phone #368-7732

- Checks payable to APE
- Cash
- Credit Cards

Fall Session 2 Starts
Monday, October 29th