

# VETERANS MEMORIAL SENIOR CENTER ADAPTIVE P.E. FALL SESSION 2, 2017

October 30th through December 15th

**NO CLASSES: November 10th, 23rd, 24th**

APE Classes: Monday, Wednesday, Friday \$114 (19 classes)  
8:30 to 10:30 and 10:30 to 12:00

Tuesday, Thursday \$78 (13 classes)  
8:30 to 10:30, 10:30 to 12:00 and 1:00 to 2:30

Modified Zumba: Monday 10:00-11:00 \$42 (7 classes)

Level 2 Circuit Training: Tuesday 2:30-3:30 \$70 (7 classes)  
Thursday 2:30-3:30 \$60 (6 classes)

Chair Yoga: Wednesday 11:00-12:00 \$42 (7 classes)  
Friday 11:00-12:00 \$30 (5 classes)

Evening Weight Loss: Monday 7:00-8:00 pm \$70 (7 classes)  
Thursday 7:00-8:00 pm \$60 (6 classes)

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

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

Phone # (650) 368-7732

**Winter Session Starts  
Wednesday, January 3rd, 2018**