

VETERANS MEMORIAL SENIOR CENTER ADAPTIVE P.E. FALL SESSION 2, 2018

October 29th through December 14th

NO CLASSES: November 12th, 22nd, 23rd

APE Classes: Monday, Wednesday, Friday \$114.00
8:30 to 10:30 and 10:30 to 12:00

Tuesday, Thursday \$78.00
8:30 to 10:30, 10:30 to 12:00 and 1:00 to 2:30

Modified Zumba: Monday 10:00-11:00 \$36.00

Level 2 Circuit Training: Tuesday 2:30-3:30 \$70.00

Thursday 2:30-3:30 \$60.00

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

Friday 11:00-12:00 \$36.00

Evening Weight Loss: Monday 7:00-8:00 pm \$60.00

Thursday 7:00-8:00 pm \$60.00

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 2nd, 2019**