

VETERANS MEMORIAL SENIOR CENTER **ADAPTIVE P.E. SPRING SESSION 2020**

March 16th through May 22th

APE Classes: Monday, Wednesday, Friday \$180 (Drop-in \$10)
8:30 to 10:30 and 10:30 to 12:00

Tuesday, Thursday \$120 (Drop-in \$10)
8:30 to 10:30, 10:30 to 12:00 and 1:00 to 2:30

Modified Zumba: Monday 10:00-11:00 \$60 (Drop-in \$10)

Level 2 Circuit Training: Tuesday 2:30-3:30 \$100 (Drop-in \$15)

Thursday 2:30-3:30 \$100 (Drop-in \$15)

Evening Weight Loss: Monday 7:00-8:00 pm \$100 (Drop-in \$15)

Thursday 7:00-8:00 pm \$100 (Drop-in \$15)

Chair Yoga: Wednesday 11:00-12:00 \$60 (Drop-in \$10)

Friday 10:30-11:30 \$60 (Drop-in \$10)

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

***Complete Balance Assessment and Hourly Personal Training Available

Payment Options: Checks payable to APE -- Credit Cards -- Cash

Web Site: www.adaptivepevmc.org

Summer Session Starts
Monday, June 1st