

VETERANS MEMORIAL SENIOR CENTER ADAPTIVE P.E. SUMMER 2018 CLASSES

SUMMER SESSION: Monday June 4th through August 25th

NO CLASSES : July 4th and week of July 16th thru 20th

APE Classes: Monday, Wednesday, Friday \$192 (32 classes)
8:30 to 10:30 and 10:30 to 12:00

Tuesday, Thursday \$132 (22 classes)
8:30 to 10:30, 10:30 to 12:00 and 1:00 to 2:30

Modified Zumba: Monday 10:00-11:00 \$66 (11 classes)

Level 2 Circuit Training: Tuesday 2:30-3:30 \$110 (11 classes)
Thursday 2:30-3:30 \$110 (11 classes)

Evening Weight Loss: Monday 7:00-8:00 pm \$110 (11 classes)
Thursday 7:00-8:00 pm \$110 (11 classes)

Chair Yoga: Wednesday 11:00-12:00 \$60 (10 classes)
Friday 10:30-11:30 \$66 (11 Classes)

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

***Complete Balance Assessment and Hourly Personal Training Available

Phone # (650) 368-7732

Fall Session 1 Starts, Tuesday Sept. 4th