

VETERANS MEMORIAL SENIOR CENTER ADAPTIVE P.E. WINTER SESSION, 2018 CLASSES

January 3rd through March 9th

NO CLASSES: January 15th, February 19th

APE Classes: Monday, Wednesday, Friday \$162 (27 classes)
8:30 to 10:30 and 10:30 to 12:00

Tuesday, Thursday \$114 (19 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 \$90 (9 classes)

Thursday 2:30-3:30 \$100 (10 classes)

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

Thursday 7:00-8:00 pm \$100 (10 classes)

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

Friday 10:30-11:30 \$60 (10 classes)

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

***Complete Balance Assessment and Hourly Personal Training Available

Payment Options:

Phone # (650) 368-7732

- Checks payable to APE
- Cash
- Credit Cards

**Spring Session Starts
Monday, March 19th**