

# ADAPTIVE PHYSICAL EDUCATION

*Adapt Together & Thrive!*



*Fitness Center for Adults & Seniors of All Abilities, Welcoming Those With Physical or Health Limitations*

## GROUP CLASS SCHEDULE

|                        | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|------------------------|---|--|---|---|---|
| 10-10:30a<br>10:30-11a | Strength Balance & Movement Level 1<br>10-10:45a<br>(simulcast on Zoom) | Strength Balance & Movement Level 1            | Strength Balance & Movement Level 1<br>10-10:45a<br>(simulcast on Zoom) | Strength Balance & Movement Level 1<br>10-10:45a<br>(simulcast on Zoom) | Strength Balance & Movement Level 1<br>10-10:45a<br>(simulcast on Zoom) |
| 11-11:30a<br>11:30-12p | Chair Yoga<br>11-12p<br>(simulcast on Zoom)                             |  |   | Intermediate Yoga<br>11-12p   |   |
| 12-12:30p<br>12:30-1p  | Pulmonary Fitness & Maintenance   |  | Pulmonary Fitness & Maintenance   |   |   |
| 1-1:30p<br>1:30-2p     | Dance Fitness & Fun<br>1:30-2:30p                                       | Strength Balance & Movement Level 1<br>1-1:45p | Strength Balance & Movement Level 2<br>1-2p                             | Strength Balance & Movement Level 1<br>1-1:45p                          |   |
| 2-2:30p<br>2:30-3p     |   | Level 2 Circuit Training<br>2:30-3:30p         |   | Level 2 Circuit Training<br>2:30-3:30p                                  |   |
| 3-3:30p<br>3:30-4p     | Parkinson's Chair Exercise<br>3-4p                                      |  |   | Parkinson's Mobility & Fall Prevention<br>3:30-4:30p                    |   |
| 4-4:30p<br>4:30-5p     | Parkinson's Gait Improvement<br>4-5p                                    |  | Neuromuscular Fitness<br>4-5p   |   |   |
| 6-6:30p<br>6:30-7p     | Evening Fitness<br>6:30-7:30p   |  |   | Evening Fitness<br>6:30-7:30p   |   |

GYM LOCATION: 939 Valota Road, Redwood City CA 94061  
MAILING ADDRESS: 1455 Madison Ave, Redwood City CA 94061  
650-368-7732  
info@AdaptivePEvmc.org  
www.AdaptivePEvmc.org

MEMBERSHIP LEVELS & PRICING:  
\$55/Month - 1 class/open gym session per week  
\$95/Month - 2 or more classes/open gym sessions per week  
\$50/Month - Zoom only membership  
Check or Zelle preferred  
Credit cards incur \$5/month additional processing fee  
Scholarships available.

*Adaptive Physical Education is a 501(c)(3) California public benefit corporation. Tax ID# 46-3037547*

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### CLASS & PROGRAM INFORMATION

| GENERAL CLASSES   |   |   |  |
|---|---|---|--|
| CLASS   | DAY/TIME                                      | LEVEL   | DESCRIPTION  |
| <b>Strength Balance &amp; Movement Level 1</b>                  | M-T-W-TH-F<br>OR<br>Tue & Thur<br>1-1:45p     | <b>Beginning</b> - open to all  | General, whole-body conditioning and strength training class. Focus on balance, stretching, light cardio, and hand weights. Start your day a healthy and uplifting way!  |
| <b>Chair Yoga</b><br><small>OFFERED FREE FOR ALL</small>        | Mon<br>11-12p                                 | <b>Beginning</b> - open to all  | Gentle seated yoga with some standing poses. Stretch, breathe, and be mindful in this relaxing proactive. No prior yoga experience required.   |
| <b>Dance Fitness &amp; Fun</b>                                  | Mon<br>1:30-2:30p                             | <b>Beginning</b> - appropriate for those able to move on & off floor unassisted | Put a pep in your step and a smile on your face, while exercising to the golden oldies! Focus on movement, light cardio, and fitness. Combo of standing & floor work   |
| <b>Strength Balance &amp; Movement Level 2</b>                  | Wed<br>1-2p                                   | <b>Intermediate</b> - must be able move on & off floor unassisted               | Higher level general, whole-body conditioning and strength class. Appropriate for those wanting an elevated workout. Includes work standing and on the ground.   |
| <b>Level 2 Circuit Training</b>                                 | Tue & Thur<br>2:30-3:30p                      | <b>Intermediate</b> - must be able move on & off floor unassisted               | Intermediate circuit training with emphasis strength, flexibility & quality movement. Integrated workout for a next-level challenge. Combo standing & floor work.  |
| <b>Evening Fitness</b>  | Mon & Thur<br>6:30-7:30p                      | <b>Intermediate</b> - check with instructor before joining                      | Convenient circuit and weight training individualized for particular goals including weight loss and injury prevention. Ideal for those with a busy daytime schedule.  |
| <b>Intermediate Yoga</b><br><small>OFFERED FREE FOR ALL</small> | Thur<br>11-12p                                | <b>Intermediate</b> - must be able move on & off floor unassisted               | Traditional yoga class incorporating standing and floor poses to stretch and balance mind, body, and spirit. Mindfulness meets adaptability. Yoga mats & props provided.   |
| SPECIALTY CLASSES   |   |   |  |
| CLASS   | DAY   | LEVEL   | DESCRIPTION  |
| <b>Parkinson's Chair Exercise</b>                               | Mon<br>3-4p                                   | <b>Beginning</b> - open to all  | Chair-based exercise class to safely stretch, strengthen, and develop muscles and balance. Appropriate for those with Parkinson's Disease or similar diagnoses.  |
| <b>Parkinson's Gait Improvement</b>                             | Mon<br>4-5p                                   | <b>Beginning</b> - Must be able to walk for 30 minutes                          | Improve walking & gate mobility, with attention on foot and hip function and movement quality. Includes activities such as sit-to-stand, ground-to-stand, upper extremity activities, and posture, with a secondary goal to multi-task movements.              |
| <b>Parkinson's Mobility &amp; Fall Prevention</b>               | Thur<br>3:30-4:30p                            | <b>Beginning</b> - check with instructors before joining                        | Focus on trunk, spinal mobility & hamstring flexibility which plays a vital role in hip extension—a key element of efficient walking. Appropriate for those with Parkinson's or similar diagnoses.   |
| <b>Neuromuscular Fitness</b>                                    | Wed<br>4-5p                                   | <b>Intermediate</b> - must be able move on & off floor unassisted               | Circuit-based strength training combining integration and power training to improve coordination and brain-to-muscle activity. Appropriate for those with Parkinson's or similar diagnoses.  |
| <b>Pulmonary Fitness &amp; Maintenance</b>                      | Mon-Wed<br>12-2p                              | <b>Beginning-Intermediate</b> check with instructor before joining              | Work 1:1 with our Respiratory Fitness Instructor to design a workout to maintain and support ongoing pulmonary fitness. NOTE: Requires prior completion of an in-clinic Pulmonary Rehab program.   |
| ZOOM CLASSES  |   | Requires Zoom membership  |  |
| CLASS   | DAY   | LEVEL   | DESCRIPTION  |
| <b>Strength Balance &amp; Movement Level 1</b>                  | M-T-W-TH-F<br>10-10:30a                       | <b>Beginning</b> - open to all with Zoom membership                             | General, whole-body conditioning and strength training. Focus on balance, stretching, light cardio, and weights. Start your day a healthy & uplifting way!   |
| <b>Zoom Chair Yoga</b>  | Mon<br>11-12p                                 | <b>Beginning</b> - open to all with Zoom membership                             | Relaxing seated yoga with some limited standing poses. Stretch, breathe, and be mindful in this restorative practice. No prior yoga experience required.   |
| <b>Gentle Yoga</b>  | Tue<br>10-11a                                 | <b>Beginning</b> - open to all with Zoom membership                             | Gentle yoga to safely stretch, strengthen, and balance. Explore new ways to move and relax. Combines chair, standing, and on the floor movements.  |
| OPEN GYM  |   |   |  |
| <b>Independently use gym at your own pace</b>                   | M-T-W-TH-F<br>10-2:30p                        | Open to all after orientation with fitness instructors                          | Members drop in for a self-directed workout using our adapted fitness equipment, including NuSteps, treadmills, recumbent bike, elliptical, leg press, functional trainer, free weights, etc.  |
| SPECIALTY EQUIPMENT & PERSONAL TRAINING                         |   |   |  |
| <b>Standing Frame</b>   | M-T-W-TH-F<br>10-2:30p<br>45 minute timeslots | Call or stop by the Office to reserve a timeslot                                | Assistive technology for those reliant on a wheelchair. Supports an extended posture (in an upright or almost upright position) to build strength and stamina. Requires initial orientation and ability to transfer independently or have caregiver to assist. |
| <b>Personal Training</b>  |   | By appointment only   | A fitness instructor will tailor a specific exercise program to meet your fitness & wellness goals, with an emphasis on safety and appropriate adaptations.  |
| <b>Biodex SD Balance System</b>                                 |   | By appointment only   | A comprehensive Fall Risk Screening & Conditioning Program. It assesses fall-risk, and helps improves balance & mobility, develops muscle tone, and increases agility.   |