

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 10:30-11a	Strength Balance & Movement Level 1 10-10:45a (simulcast on Zoom)	Strength Balance & Movement Level 1	Gentle Yoga (Zoom Only)	Strength Balance & Movement Level 1 10-10:45a (simulcast on Zoom)	Strength Balance & Movement Level 1 10-10:45a (simulcast on Zoom)	Strength Balance & Movement Level 1 10-10:45a (simulcast on Zoom)
11-11:30a 11:30-12p	Chair Yoga 11-12p (simulcast on Zoom)				Intermediate Yoga 11-12p	
12-12:30p 12:30-1p		Pulmonary Fitness & Maintenance 12-2p			Pulmonary Fitness & Maintenance 12-2p	
1-1:30p 1:30-2p		Strength Balance & Movement Level 1 1-1:45p	Strength Balance & Movement Level 2 1-2p		Strength Balance & Movement Level 1 1-1:45p	
2-2:30p 2:30-3p	Dance Fitness & Fun 1:30-2:30p				Level 2 Circuit Training 2:30-3:30p	
3-3:30p 3:30-4p	Parkinson's Chair Exercise 3-4p	Level 2 Circuit Training 2:30-3:30p			Parkinson's Mobility & Fall Prevention 3:30-4:30p	
4-4:30p 4:30-5p	Parkinson's Gait Improvement 4-5p		Neuromuscular Fitness 4-5p			
6:30-7p 7-7:30p	Evening Fitness 6:30-7:30p				Evening Fitness 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@AdaptivePEvmsc.org

www.AdaptivePEvmsc.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.

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CLASS & PROGRAM INFORMATION

GENERAL CLASSES			
CLASS	DAY/TIME	LEVEL	DESCRIPTION
Strength Balance & Movement Level 1	M-T-W-TH-F OR Tue & Thur 1:1-45p	Beginning - 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!
Chair Yoga <small>OFFERED FREE FOR ALL</small>	Mon 11-12p	Beginning - open to all	Gentle seated yoga with some standing poses. Stretch, breathe, and be mindful in this relaxing proactive. No prior yoga experience required.
Dance Fitness & Fun	Mon 1:30-2:30p	Beginning - 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
Strength Balance & Movement Level 2	Wed 1-2p	Intermediate - 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.
Level 2 Circuit Training	Tue & Thur 2:30-3:30p	Intermediate - 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.
Evening Fitness	Mon & Thur 6:30-7:30p	Intermediate - 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.
Intermediate Yoga <small>OFFERED FREE FOR ALL</small>	Thur 11-12p	Intermediate - 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
Parkinson's Chair Exercise	Mon 3-4p	Beginning - 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.
Parkinson's Gait Improvement	Mon 4-5p	Beginning - Mmst 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.
Parkinson's Mobility & Fall Prevention	Thur 3:30-4:30p	Beginning - 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.
Neuromuscular Fitness	Wed 4-5p	Intermediate - 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.
Pulmonary Fitness & Maintenance	Mon-Wed 12-2p	Beginning-Intermediate 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			
CLASS	DAY	LEVEL	DESCRIPTION
Strength Balance & Movement Level 1	M-T-W-TH-F 10-10:30a	Beginning - 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!
Zoom Chair Yoga	Mon 11-12p	Beginning - 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.
Gentle Yoga	Tue 10-11a	Beginning - 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			
Independently use gym at your own pace	M-T-W-TH-F 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			
Standing Frame	M-T-W-TH-F 10-2:30p 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.
Personal Training	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.
Biodex SD Balance System	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.