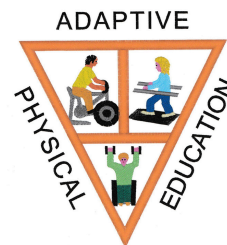


ADAPTIVE PHYSICAL EDUCATION

Adapt Together & Thrive!



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



GROUP EXERCISE CLASSES

- Strength, Balance Movement Level 1 & Level 2
- Level 2 Circuit Training
- Chair & Intermediate Yoga
- Dance, Fitness & Fun
- Evening Fitness



SPECIALTY CLASSES / PROGRAMS

- 4 Specialty Classes for those with Parkinson's or similar neuromuscular conditions
- Pulmonary Fitness & Maintenance
- Standing Frame & Biodex machine
- Zoom-only classes & memberships available



OPEN GYM / PERSONAL WORKOUTS



- Mon-Fri, 10a-2:30p use our fitness equipment or weights at your own pace for an individualized workout
- NuSteps, treadmills, recumbent stepper & bike, elliptical, functional trainer, leg press, weights & more
- Personal Training by appointment

**JOIN
TODAY!**

MONTHLY MEMBERSHIP FEES:

- \$55** Attend any in-person class or use open gym 1 time/week
- \$95** Attend 2 or more in-person classes/week
- \$50** Zoom-only membership

Gym Facility Location: 939 Valota Rd. Redwood City CA 94061
Mailing Address: 1455 Madison Ave. Redwood City CA 94061

650-368-7732 info@AdaptivePEvmc.org
www.AdaptivePEvmc.org



**ADAPTIVE
PHYSICAL EDUCATION
is a 501(c)(3) nonprofit
corporation.**
Tax ID# 46-3037547



REGISTRATION INFO


Please complete registration forms and return to Office prior to joining class.

Forms available at the Office or online: www.AdaptivePEvmc.org/getstarted

All prospective members encouraged to try any class for free before joining!

PAYMENT INFO

Adaptive PE operates on a monthly membership basis. Payment options:

- **Check or cash.** Payable to “Adaptive Physical Education”
Mail to 1455 Madison Ave. Redwood City CA 94061
 - **Zelle** from your bank account. Use 650-368-7732 or our email info@adaptivepevmc.org or scan this QR code from your Zelle 
 - **Credit Card.** Call Office to make credit card payments or receive an invoice. Additional \$5/month processing fee added to all credit card charges
- Scholarships available. Please inquire at Office



DONATION INFO

Adaptive PE is a California 501(c)(3) nonprofit. Tax ID # 46-3037547

Monthly membership fees only provide about 25% of Adaptive PE's revenues

Tax-deductible donations welcome and appreciated. Ways to give:

- Donate via check, Zelle or online at: www.AdaptivePEvmc.org/contact
- Community grants, Donor Advised Funds or IRA distribution gifts welcome
- Donate an unwanted car or vehicle to support Adaptive PE! It's fast, easy, and you receive the maximum possible tax donation. Call 855-500-7433 to donate



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