

Adaptive P.E. Class Offerings

Mondays through Fridays, 10:00 a.m. - 12:00 noon **OPEN GYM** in the ARMORY, including **GENERAL CONDITIONING** group exercise from 10:00 - 10:45 a.m. Cardio, strength, & balance equipment available. Scott Lohmann and/or Barbara McCarthy will lead the groups simultaneously with the Zoom class.

Monday through Fridays, 1:00 - 2:30 p.m. **OPEN GYM** in the ARMORY, including **GENERAL CONDITIONING** group exercise from 1:00 - 1:45 p.m. (Tuesdays and Thursdays only). Cardio, strength, and balance equipment available. Scott Lohmann will lead the group.

Mondays, 10:30 -11:30 a.m. **CHAIR YOGA** in the VMSC LOBBY. Ruth West will lead the group; chairs will be provided.

Monday, 3:00 – 4:00 p.m. **PARKINSON'S CHAIR EXERCISE** in the ARMORY. Cardio equipment available. Katie Parafinczuk will lead this class simultaneously with the Zoom class.

Mondays 4:00 - 5:00 p.m. **GAIT IMPROVEMENT CLASS for PARKINSON'S** in the ARMORY (with a Zoom option) ****FREE--thanks to a Parkinson's Foundation Grant.** Scott Lohmann and Sang P vongnak will lead this group.

Wednesdays, 4:00 - 5:00 p.m. **NEUROMUSCULAR FITNESS** in the ARMORY. Scott Lohmann and Sang P vongnak will lead this group in the strength training room

Mondays and Thursdays, 6:30 - 7:30 p.m. **EVENING FITNESS** in the ARMORY. Scott Lohmann and Sang P vongnak will teach.

Tuesdays and Thursdays, 2:30 - 3:30 p.m. **LEVEL 2 CIRCUIT** in the ARMORY. Scott Lohmann and Sang P vongnak will lead this group in the strength training room (with a Zoom option).

Thursdays 3:30 – 4:30 p.m. **MOBILITY AND STRETCHING CLASS for PARKINSON'S** in the ARMORY (with a Zoom option) ****FREE--thanks to a Parkinson's Foundation Grant.** Scott Lohmann and Sang P vongnak will lead this group

REGISTRATION—Please register ahead of time for your classes by completing this form. (If currently participating, you do not need to re-register) You may email it back to us, or bring it with you. You must email or call us ahead to let us know which classes you will be attending: (650) 368-7732.

<https://adaptivepevmc.org/perch/resources/new-registration-form-2.pdf>

PAYMENT--We are now on a monthly payment system. If any of you will be missing classes due to doctor appointments, vacations, etc., please feel free to come in on other days/times to do your exercises.

Here are the payment links for you to choose. If you prefer to pay by check, you can mail it in or bring it with you the first day.

One-day per week in-person—\$55

<https://link.waveapps.com/q63e9k-cxu5j7>

Two or more days per week in-person—\$95

<https://link.waveapps.com/y8fubs-5vr9gt>

Zoom and YouTube unlimited use—\$45 (If currently using Zoom, you do not need to re-register)

<https://link.waveapps.com/pzm5ek-b8axpn>