Scott Lohmann will demonstrate exercises that can be done on the floor, or modified to do from your bed. Included will be techniques to get up and down from the floor.

Scott Lohmann- has a B.A. degree in Kinesiology (Adaptive PE) and a Masters in Gerontology (Fitness and Aging) from San Francisco State University. Scott taught Adaptive PE at CSM, Foothill and Cañada College. He taught for Foothill for ten years and has been teaching in the Adaptive PE Program in Redwood City since June 2010.