

## **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, and 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. Cardio, strength, and balance equipment available. Scott Lohmann and Barbara McCarthy will lead the group.

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

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

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

Thursdays 3:30 – 4:30 p.m. MOBILITY AND STRETCHING CLASS for PARKINSON'S in the ARMORY (with Zoom option) \*\*FREE--thanks to 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://adaptivepevmcsc.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-5vr9qt>

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

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