

Veterans Memorial Senior Center

Adaptive P.E. In-Person 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. **(Free of Charge)**

Monday, 3:00 – 4:00 p.m. **PARKINSON'S CHAIR EXERCISE** in the ARMORY. Cardio equipment available. Katie Parafinczuk will lead this class. **(Free of Charge)**

Mondays 4:00 - 5:00 p.m. **GAIT IMPROVEMENT CLASS for PARKINSON'S** in the ARMORY.
Scott Lohmann and Sang Pvonngnak will lead this group. **(Free of Charge)**

Mondays and Wednesdays, 12 noon-2 p.m. **PULMONARY MAINTENANCE PROGRAM**. If you have completed a formal Pulmonary Rehabilitation Program lasting 6-8 weeks, you may be a candidate for this program.

Wednesdays, 4:00 - 5:00 p.m. **NEUROMUSCULAR FITNESS** in the ARMORY.
Scott Lohmann and Sang Pvonngnak 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 Pvonngnak will teach.

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

Thursday, 11:00 a.m. to 12 noon. **YOGA** in the ARMORY lead by Arlene McCarthy. **(Free of Charge)**

Thursdays 3:30 – 4:30 p.m. **MOBILITY AND FALL PREVENTION CLASS for PARKINSON'S** in the ARMORY. Scott Lohmann and Sang Pvonngnak will lead this group. **(Free of Charge)**

REGISTRATION—Please register ahead of time for your classes by completing our Registration form. You may email it back to us, or bring it with you. It is available in class or on our website.

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.

If you pay by check, you can mail it in or bring it with you the first day. If you pay by credit card, there will be a \$5 service charge added. We also accept payments through Zelle with no additional service charge.

One-day per week in-person—\$55

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

Zoom and YouTube unlimited use--\$50 per month. See Zoom Offerings sheet for details.

Class Location: Red Morton Park Armory, 939 Valota Road, RWC 94061

Mailing Address: 1455 Madison Avenue, Redwood City, CA. 94061

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