

Mondays through Fridays, 10:00 - 11:00 a.m. GENERAL CONDITIONING in the ARMORY. Scott Lohmann will lead the group 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. The Tuesday and Thursday 1:00 General Conditioning class on Zoom will be discontinued.

**We are welcoming back the Pulmonary Maintenance Program-- Margaret Stephens will also be leading her group at that time!

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 Pvongnak 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 Pvongnak will teach.

Tuesdays and Thursdays, 2:30 - 3:30 p.m. LEVEL 2 CIRCUIT in the ARMORY
Scott Lohmann and Sang Pvongnak 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 Pvongnak will lead this group

Thursdays 3:30 - 5:00 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 Pvongnak will lead this group

Each participant is required to complete a new registration form. Masking and other requirements will be based upon the guidelines currently in effect that day. We will be providing cleaning supplies for your use, as you will be expected to clean the equipment prior to your using it.

1. REGISTRATION—Please register ahead of time for your classes by completing this form. 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

[adaptiveperegistration-6-15.pdf \(adaptivepevmcsc.org\)](#)

2. PAYMENT-- 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>