

Summer 2021 Offerings for In-Person Classes

Summer Session 2: July 12 through August 6.

Summer Session 3: August 9 through September 3.

Fall Session starts September 13th

****Please note several changes in locations**

Mondays through Fridays, 4:00 - 5:30 p.m. OPEN GYM in the ARMORY—
Cardio and strength equipment available. Scott Lohmann and Barbara McCarthy will set up the programs.

Tuesdays and Thursday, 10:00 - 11:00 a.m. GENERAL CONDITIONING in the Armory--
Barbara McCarthy will lead group exercises. May occur simultaneously with Scott Lohmann's Zoom class.

Mondays, 10:30 -11:30 a.m. CHAIR YOGA in the VMSC Theater--on the stage.
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

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. Please email or call us ahead to let us know which classes you will be attending: (650) 368-7732

<https://adaptivepevmisc.org/perch/resources/adaptiveperegistration-6-15-1.pdf>

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 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>