

We have been given the go-ahead to start offering in-person classes again!!

Our first 4-week trial will be as follows: June 7th--July 2nd (4 week session)

Our availability is limited throughout the summer due to camps taking place in the Armory, but we have managed to pull together some times that hopefully will get us back in the swing of things. If this doesn't yet work out for you, we will still have classes on Zoom and YouTube. We anticipate being able to offer morning classes starting in mid-August or September. We are a work in-progress--thank you for your flexibility as we ADAPT together!

Mondays through Fridays, 4:00 - 5:30 p.m. OPEN GYM in the ARMORY—

You can use the cardio and strength equipment by reservation; we will offer a short group warm-up, plus other balance and strength activities. Scott Lohmann and Barbara McCarthy will set up the programs. Please call ahead to reserve your times.

Tuesdays and Thursday, 10:00 - 11:00 a.m. GENERAL CONDITIONING on the VMSC PATIO-- Barbara McCarthy will lead group exercises--you will have to bring your own weights and/or bands; chairs will be provided.

Mondays, 10:30 -11:30 a.m. CHAIR YOGA on the VMSC PATIO

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

The above classes will be by reservation. Each participant is required to complete a new registration form, and to be screened prior to each class. 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. We are unsure how the parking situation will be, but we will come up with a solution as we go.

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

<https://adaptivepevmcsc.org/perch/resources/new-registration-form-2.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-5vr9gt>

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

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