

ADAPTIVE PHYSICAL EDUCATION CLASSES

with Barbara McCarthy and Scott Lohmann

A fitness program designed for individuals of all levels of ability including those with limitations and disabilities. The long term goal is to increase the level of function and wellness, focusing on cardiovascular fitness, muscular strength and endurance, flexibility and balance, including adaptive yoga, fall prevention, and sport-related fitness. Instructors will design and implement individualized exercise programs for all students. Personal fitness goals will be evaluated periodically. **\$8 drop-in available.** For more information, please call **650-368-7732**

Location: VMSC, Adaptive PE Room

SESSION 1: MWF \$115 | Tu/Th \$80

MWF 9-10:30am/10:30am-Noon 9/7-10/28

Tu/Th 9-10:30am/10:30am-Noon/1:30-3pm 9/6-10/27

SESSION 2: MWF \$100 | Tu/Th \$65

MWF 9-10:30am/10:30am-Noon 10/31-12/16

Tu/Th 9-10:30am/10:30am-Noon/1:30-3pm 11/1-12/15

SIT & BE FIT with Cindy Chu

This course is designed to achieve a total body workout of aerobic, strength, and flexibility training through the use of a chair and stretch bands. A majority of the class will be conducted while seated in the chair with additional exercises in the standing position. Balance, coordination, and core strength will also be covered.

Fri 10-11am 10/7-12/23 VMSC \$40 or \$6 drop-in
no 11/11, 11/25

BACK CARE with Cindy Chu

This course is designed for individuals who would like to improve their back health. Students will participate in flexibility training and a progressive exercise program to build musculature that contributes to core and back health. Proper body mechanics and correct postural education will also be covered. Exercises will be performed standing up and lying down on mats.

Tues 11am-12pm 10/18-12/20 VMSC \$50 or \$6 drop-in



ACCESSIBLE RECREATION AFTERNOON PROGRAM

The Redwood City Accessible Recreation Program is offering a Monday-Friday Afternoon Program for individuals with differing abilities ages 8 and up. The Program will be divided into age appropriate sub-groups. The Program opens at 2PM and pick-up time is 6PM in the Sequoia Room of the Veterans Building in Red Morton Park. Early Bird programming may also be available for additional fee. For more details or to sign up, please contact Christina Coronado at (650) 780-7343.

2-6pm • Each day is \$130 per month

MON	TUES	WED	THURS	FRI
Get Moving adaptive fitness & health	Local Adventures Day Trips to local destinations.	At The Movies Enjoy a film in our theatre.	Mix It Up Arts & crafts activities	Bowling Test your bowling skills at Bel Mateo!

EVENING FITNESS CLUB

Have fun while exercising in our evening Fitness Classes every Tuesday Night. Scott Lohmann, certified personal fitness instructor will lead participants in safe, individually tailored work-outs.

\$20/month or \$5 drop-in

On-going Tu 7-8pm Adaptive PE Room

CHEF CLUB

Designed for teens and adults ages 14+ with differing abilities, this club is perfect for anyone who has an interest in planning and cooking healthy meals. Each week participants will plan a meal from start to finish and enjoy the fruits of their labor! After dinner, participants will engage in social activities. To register, please call Christina at (650) 780-7343. Use code: **90.121**

Th 6-9pm on-going VMSC \$69/month

COLLEGE OF ADAPTIVE ARTS

The College of Adaptive Arts offers certificate, diploma and community action programs to adults with differing abilities

Visit collegeofadaptivearts.org for more information. Cost is \$300 for first class, and an additional \$50 for each subsequent class. To register for Fall Classes, e-mail or call Pam at Pamelalindsay@hotmail.com or 408-489-0380. The world is your stage...let your future shine! Become a CAA student - there's a seat waiting just for you.