



**WANT TO TRY A NEW CLASS?
THE FIRST ONE IS FREE!
(info at: adaptivepevmc.org)**

The Adaptive PE room is located at 711 Nevada Street, right across the driveway behind our main building.

Adaptive PE Staff:
Patti, Scott, Barbara & Susan

Adaptive Physical Education (APE) offers a fitness program designed for individuals of all abilities, including those with physical or health limitations. The goal of the program is to increase the level of function and wellness for all participants.

This program benefits include cardiovascular fitness, strength training, flexibility, balance and coordination with an emphasis on improving mobility, independence and quality of life. Instructors will design and implement individualized exercise programs for all students. Personal fitness goals will be evaluated periodically. The students give each other support, encouragement and friendship.

Adaptive Physical Education Class Descriptions:

All exercise classes are structured in a way that offers a personalized exercise program carried out in a group setting. Each individual is encouraged to progress at his or her own pace in a safe and supportive environment where they will not be judged for their own particular level of ability. Each class is 90 minutes long and encompasses the following components:

Group Exercise

This segment is 45 minutes long and includes a warm-up, strength-training exercises, cardiovascular conditioning, balance and a cool down.

Independent Workout

Depending upon the individual, only a small amount of instruction may be necessary prior to exercising independently. Cardiovascular and strength training equipment such as: NuSteps, treadmills, arm cycles, wall pulleys, balance and stability balls, parallel bars, etc. are all available for use.

Personalized Training

Before and/or after the group exercise, students can work with a personal fitness trainer to tailor a specific exercise program to meet their individual fitness and wellness goals. Great care will be taken to choose appropriate exercises with an emphasis on safety and adaptations for each individual.

ADAPTIVE PHYSICAL EDUCATION FALL SCHEDULE

Fall Session 1 Schedule:

September 8th - October 30th

Monday, Wednesday, Friday \$138 / 23 classes
8:30 - 10:30am and 10:30 - Noon

Tuesday, Thursday \$96 / 16 classes
8:30 to 10:30am, 10:30 - Noon and 1 to 2:30 pm

Please call (650) 368-7732 if you have questions.

Fall Session 2 Schedule:

November 2nd - December 18th

Monday, Wednesday, Friday \$114 / 19 classes
8:30 -10:30am and 10:30 - Noon

Tuesday, Thursday \$78 / 13 classes
8:30 to 10:30am, 10:30 - Noon and 1 to 2:30 pm

*** **NO** classes: Nov. 11, 26 & 27

Call (650) 368-7732 if you have questions.

Winter Session begins January 4th, 2016.

Adaptive Physical Education

(650) 368 - 7732

Zumba! Modified for Seniors Instr: Angie Ibarra

This class combines dance & cardio-fitness in a fun supportive atmosphere. Class provides modified, low-impact moves for individuals of all fitness levels. Call (650) 369-7732 for further info.

Day	Time	Dates	Room	Registration
M	10-11am	9/14 - 10/26 11/2 - 12/14	Sequoia	\$36 / 6 classes \$42 / 7 classes

Level 2 Circuit Training Instructor: Varies

An efficient & challenging form of conditioning which works well to improve strength, endurance & coordination. Class combines weight training, balance and cardio-work in a group setting. Stability balls, hand weights, medicine balls & resistance bands to target specific areas of your body will be used.

Day	Time	Dates	Room	Registration
Tu	2:30-3:30pm	9/8 - 10/27 11/3 - 12/15	Adaptive PE	\$56 / 7classes 56 / 7
Th	2:30-3:30pm	9/10 - 10/29 11/5 - 12/17	Adaptive PE	\$80 / 8 classes 60 / 6

Chair Yoga Instr: Ruth West

Be guided through a series of gentle seated & standing yoga poses. The class focuses on ease of movement, gentle strengthening and balance.

Day	Time	Dates	Room	Registration
F	11:00am-Noon	9/11 - 10/30 11/6 - 12/18	Sunset	\$42 / 7 classes 36 / 6

Evening Weight Loss Training Instr: Scott Lohmann

A unique exercise program focuses on weight loss, core training and injury prevention. Included are: on-going consultation with the instructor who will plan a fitness program tailored for your specific needs. Instructor will also monitor your progress and provide valuable tools and information for continued fitness success!

Day	Time	Dates	Room	Registration
Th	7-8pm	9/10 - 10/29 11/5 - 12/17	Adaptive PE	\$64 / 8 classes 48 / 6

Happy Feet! Instr: Matthew Piazza, D.C.

Join us for 10 weeks of walking and learning about nutrition, sleep memory, brain fitness and how to improve your overall wellness. Track your steps and fruit and vegetable intake. Pedometers supplied! Info at: matt.piazza@gmail.com or call (650) 368 - 7732.

Day	Time	Dates	Room	Registration
Tu	9:30-10:30am	Ongoing	Game Room	\$20 / 10 classes

Parkinson's PWR!Moves™ Circuit Class Instr: Scott Lohmann

Designed to improve the functionality and fitness of people with Parkinson's. **Prerequisites:** You must be able to walk independently for 45 minutes and you must be able to get up/down from the floor alone or with assist of a chair. For more information, contact Scott at (650) 823-1225 or email him at: fo@adaptivepevmisc.org

Day	Time	Dates	Room	Registration
W	4-5pm	9/9 - 10/28 11/4 - 12/16 (no 11/11)	Adaptive PE	\$80 / 8 classes 70 / 7

Parkinson's Exercise (High-level) Instr: Theresa Najjar

This class is designed to keep those with Parkinson's Disease active and mobile. This is a high level class consisting of 60 minutes of walking, balancing and aerobic activity. Please contact the instructor before registering call (408) 724 - 8466 or email Theresa@synapticpt.com

Day	Time	Dates	Room	Registration
Th	9-10am	9/10 - 10/29 11/5 - 12/17 (no class 11/26)	Redwood	\$48 / 8 classes 36 / 6

Parkinson's Exercise (Moderate-level)

This class is designed to keep those with a more advanced stage of Parkinson's Disease as active and mobile as possible. This is a lower level class than the Thursday morning class. Please contact the instructor before registering by calling (650) 299-4717 or email: k.parafi@gmail.com

Date	Time	Dates	Room	Registration
M	4-5pm	8/31 - 10/26 (no classes 9/7 - 9/21) 11/2 - 12/14	Adaptive PE	\$48 / 8 classes \$42 / 7 classes

Ongoing Health Screenings

Provided by: Sequoia Health & Wellness Services

BLOOD PRESSURE SCREENING - FREE

(offered monthly)

The first Tuesday of the month
9-11:00am Main Bldg., 11:00am-Noon
Adaptive PE Room

BLOOD GLUCOSE SCREENING - FREE

(offered approximately every 3 months)

Next Glucose Screening:
Thursday, October 1st, 8:30 - 10:00am

Blood Glucose Screenings are done in the morning in the APE Room. A healthy snack is provided to those who are tested. Please call (650) 368-7732 for further information or to make an appointment.

Generous Grants & Partnerships

Since 2010, Adaptive PE has had generous support from the VMSC, the Sequoia Health Care District, Kaiser Permanente and the Palo Alto Medical Foundation. With their support, we have helped to empower countless residents in our community to take charge of their health and fitness.

It is our mission, along with our grant partners, to continue to provide health and fitness services at a reasonable cost. We are proud to partner with the above listed organizations because they share our goals and we are grateful for their continuous support.

Adaptive Physical Education is a non-Profit 501©3 charitable organization.