

Day 週	Class 課程	Date, Time 日期、時間	Instructor 導師	Fee 費用	Notes 附註
Mon. 週一	Arthritis Exercise A 關節炎保健操 A	6/3-7/8 9:30-10:25 AM	Thomas I.	\$10	
	Qi Gong 養生氣功	6/3-7/8 11:00-11:55 AM	Jia Wang Gao	\$10	
	Chair Yoga 椅子瑜珈	6/3-7/8 1:00-1:55 PM	Shamrock C.	\$10	
	Zumba Gold 金尊巴健身舞	6/3-7/8 2:00-2:55 PM	Shamrock C.	\$10	
Tue. 週二	Stretch & Strengthen A 健肌訓練 A	6/4-7/9 10:00-10:55 AM	Adriana H.	\$10	
	Gentle Exercise 樂活操	6/4-7/9 11:00-11:55 AM	Adriana H.	\$10	
	Stretch & Strengthen B 健肌訓練 B	6/4-7/9 1:00-1:55 PM	Adriana H.	\$10	
	Line Dance 排舞	6/4-7/9 1:30-2:25 PM	Nelson & Alice Lee	\$10	
	Chinese Folk Dance 中國民族舞	6/4-7/9 2:00-2:55 PM	Daisy Huang	\$10	
Wed. 週三	Balance Fitness 平衡訓練	6/5-7/10 10:00 -10:55 AM	Danielle H.	\$10	
	Easy Cardio 養生有氧操	6/5-7/10 11:00-11:55 AM	Danielle H.	\$10	
	Chinese Brush Painting 中國國畫	6/5-7/3 1:00-2:25 PM	James Chen	\$10	Must purchase supplies 需自行購買課程用品 No class on 6/12、7/10 6/12、7/10沒課
	Chair Pilates 椅子普拉提	6/5-7/10 1:00-1:55 PM	Monica B.	\$10	
Thur. 週四	Arthritis Exercise B 關節炎保健操 B	6/6-7/11 9:30-10:25 AM	Thomas I.	\$8	No class on 7/4 7/4 沒課
	Daily Warm Up 日常熱身操	6/6-7/11 9:30-10:00 AM	Ismael E.	Free 免費	Walk-in Welcome 無需報名
	Secrets of a Sweet Life 健康甜蜜密	6/6-8/22 10:00-11:30 AM	AP Wellness Center	Free 免費	Special Health Program 糖尿病自我管理課程 No class on 7/4 7/4 沒課
	Tone Up 形體健身	6/5-7/11 10:30-11:25 AM	Shamrock C.	\$8	No class on 7/4 7/4 沒課
	Ballroom Dance A 交際舞 A	6/5-7/11 1:00-1:55 PM	Nelson & Alice Lee	\$8	No class on 7/4 7/4 沒課
	Ballroom Dance B 交際舞 B	6/5-7/11 2:00-2:55 PM	Nelson & Alice Lee	\$8	No class on 7/4 7/4 沒課
Mon. & Wed. 週一、三	Tai Chi 太極	6/3-7/10 10:00-10:55 AM	Jia Wang Gao	\$20	Twice a week 每週兩次

**Registration begins 報課開始於: 5/16/2019 Thursday 週四 10:00 AM**

Registration is required prior to participation and is subject to class capacity. Fee is due at the time of registration. No refunds or makeup classes. Fitness and dance classes require medical clearance before the first day of class. Classes are open to current Allied Pacific IPA members with a Wellness Center membership form on file.

The Wellness Center will be closed on 7/4 in observance of Independence Day Holiday.

課程均需先報名及付款, 名額有限, 額滿即止。無退款或補課。運動及舞蹈課程開課前需要家庭醫生健康證明表格。加聯泰平醫療網現任會員需提交本活動中心會員表格後即可報名課程。健康活動中心將在7/4 獨立日休息。