

Day 週	Class 課程	Date, Time 日期、時間	Instructor 導師	Fee 費用	Notes 附註
Mon. 週一	Gentle Exercise A 樂活操 A	6/3 - 7/8 9:30-10:25 AM	Danielle H.	\$10	
	Easy Cardio A 養生有氧操 A	6/3 - 7/8 10:30-11:25 AM	Danielle H.	\$10	
	Arthritis Exercise A 關節炎保健操 A	6/3 - 7/8 1:30-2:25 PM	Thomas I.	\$10	
	Arthritis Exercise B 關節炎保健操 B	6/3 - 7/8 2:30-3:25 PM	Thomas I.	\$10	
Tue. 週二	Tai Chi A 太極 A	6/4 - 8/20 9:30-10:25 AM	Jia Wang Gao	\$20	12 Week Class; 12週課程
	Gentle Yoga 輕瑜珈	6/4 - 7/9 10:30-11:25 AM	Shamrock C.	\$10	
	Zumba Gold 金尊巴健身舞	6/4 - 7/9 11:30 - 12:25 PM	Shamrock C.	\$10	
	Balance Fitness 平衡訓練	6/4 - 7/9 1:30-2:25 PM	Danielle H.	\$10	
Wed. 週三	Daily Warm Up 日常熱身操	6/5 - 7/10 9:30 - 10:00 AM	Ismael E.	Free 免費	Walk - ins Welcome 無需報名
	Check. Change. Control. 檢查. 改變. 控制.	6/5 - 8/21 10:00-11:30 AM	American Heart Association	Free 免費	Special health program 心臟健康講座課程
	Stretch & Strengthen A 健肌訓練 A	6/5 - 7/10 10:00-10:55 AM	Adriana H.	\$10	
	Gentle Exercise B 樂活操 B	6/5 - 7/10 11:00-11:55 AM	Adriana H.	\$10	
	Chinese Folk Dance 中國民族舞	6/5 - 7/10 1:30-2:25 PM	Daisy Huang	\$10	
	Jazz Dance 爵士舞	6/5 - 7/10 2:30-3:25 PM	Daisy Huang	\$10	
Thur. 週四	Stretch & Strengthen B 健肌訓練 B	6/6 - 7/11 9:30-10:25 AM	Selena C.	\$8	No class on 7/4; 7/4 沒有課
	Easy Cardio B 養生有氧操 B	6/6 - 7/11 10:30-11:25 AM	Selena C.	\$8	No class on 7/4; 7/4 沒有課
	Tone Up 形體健身	6/6 - 7/11 11:30-12:25 PM	Selena C.	\$8	No class on 7/4; 7/4 沒有課
	Tai Chi B 太極 B	6/6 - 8/22 1:30-2:25 PM	Jia Wang Gao	\$18	12 Week Class; 12週課程 No class on 7/4; 7/4 沒有課
	Qi Gong 養生氣功	6/6 - 7/11 2:30-3:25 PM	Jia Wang Gao	\$8	No class on 7/4; 7/4 沒有課

**Registration begins 報課開始於: Tuesday 5/14 週二 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 美國國慶日休息。