

Health Education Class 健康研習課程

Thur. 週四	Check. Change. Control. 檢查. 改變. 控制.	2/6-3/26 10:00-11:30 AM	American Heart Association	Free 免費	Blood Pressure Management Class 血壓自我管理課程
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Fitness Class 健身課程

Tue. 週二	Arthritis Exercise A 關節炎保健操 A	2/4-3/24 9:30-10:25 AM	Thomas I.	\$15	
	Arthritis Exercise B 關節炎保健操 B	2/4-3/24 10:30-11:25 AM	Thomas I.	\$15	
	Chair Pilates 椅子普拉提	2/4-3/24 11:00-11:55 AM	Monica B.	\$15	
Wed. 週三	Balance Fitness 平衡訓練	2/5-3/25 10:00-10:55 AM	Adriana H.	\$15	
	Gentle Exercise A 樂活操 A	2/5-3/25 11:00-11:55 AM	Adriana H.	\$15	
	Chair Yoga 椅子瑜珈	2/5-3/25 1:00-1:55 PM	Shamrock C.	\$15	
	Zumba Gold 金尊巴健身舞	2/5-3/25 2:00-2:55 PM	Shamrock C.	\$15	
Thurs. 週四	Daily Warm Up 日常熱身操	2/6-3/26 9:30-10:00 AM	Ismael E.	Free 免費	Walk-in Welcome 無需報名, 歡迎參與
	Stretch & Strengthen 健肌訓練	2/6-3/26 10:00 -10:55 AM	Adriana H.	\$15	
	Easy Cardio 輕快有氧操	2/6-3/26 11:00-11:55 AM	Adriana H.	\$15	
	Gentle Exercise B 樂活操 B	2/6-3/26 1:00-1:55 PM	Ismael E.	\$15	

Classes are open to current Allied Pacific IPA members with a Wellness Center membership form on file. To register, visit the APWC where the class will take place. Registration is accepted on a first come, first served basis until capacity is reached and must take place prior to participating in class. Fees are due at the time of registration.

No refunds or makeup classes. Fitness classes require medical clearance before the first day of class.

本中心的課程僅開放於加聯泰平健康活動中心現任會員。課程註冊需本人到所上課的中心

填寫報名表及付款。名額有限, 額滿即止, 不接受電話預留及報名。無退款或補課。

運動課程開課前需要家庭醫生健康證明表格。

For more information about the AP Wellness Center and our programs, please visit our website
了解更多關於加聯泰平健康活動中心的資訊, 請瀏覽

www.apwellnesscenter.com