



FITNESS FOR EVERYONE!

Programs Designed for People With Disabilities



Register Now!

- Adapted Total Fitness
- Strength Development
- Cardiovascular Training
- Aquatic Exercise
- Aerobic Swimming
- Total Fitness on Zoom



Affordable Classes!

Fall, Winter and Spring (12 weeks)

- \$89.75 for one class
- \$31 for each additional class

Summer (8 weeks)

- \$72.25 for one class
- \$15.50 for each additional class



More Information

- ape@deanza.edu
- 408.864.8978
- deanza.edu/dsps/ape



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