



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS SCHEDULE - JUNE 2018

LA PORTE COUNTY FAMILY YMCA - MICHIGAN CITY ELSTON BRANCH

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
8:30 am - 9:30 am Senior Stretch (P) Jackie	6:00 am - 6:30 am Cardio Wake Up Call (W) Kate	6:00 am - 6:30 am Stretch and Tone (A) Kate	6:00 am - 6:30 am Body Strength (A) Kate	6:00 am - 6:30 am Sun Salutation (T) Kate	8:30 am - 9:30 am Body Strength (A) Kate	Closed
5:30 pm - 6:30 pm Zumba (A) Daisy	9:00 am - 10:00 am Senior Stretch (P) Roseanne	8:30 am - 9:30 am Senior Stretch (P) Jackie	9:00 am - 9:45 am Circuit Training (WR) Kathy	4:30pm - 6:00 pm Tennis Clinic \$ (M) Mike	9:30 am - 10:15 am Stretch and Tone (A) Kate	
5:45 pm - 6:30 pm Youth Tae Kwon Do \$ (M) Joe	9:00 am - 10:00 am Pilates (A) Cynthia	5:30 pm - 6:30pm Drum Fitness Samantha (A)	9:00 am - 10:00 am Senior Stretch (P) Roseanne	6:00 pm - 6:45 pm Cardio Club (C) Marque		
6:45 pm - 7:45 pm Teen/Adult Tae Kwon Do \$ (M) Joe	10:15 am - 11:00 am Aqua Tabata (P) Cynthia	5:45 pm - 6:30 pm Youth Tae Kwon Do \$ (M) Joe	10:15 am - 11:15 am Aqua Tabata (P)			
7:00 pm - 7:45pm Zumba (A) CeCe	7:00 pm - 7:45pm Aqua Dance CeCe (P)	6:45 pm - 7:45 pm Teen/Adult Tae Kwon Do \$ (M) Joe	5:00 pm - 5:45pm Cardio Party (U) Kathy			
		7:00 pm - 7:45pm Zumba (A) CeCe	7:00 pm - 7:45pm Aqua Dance (P) CeCe			

(U)
Upper Weight Room

(C)
Cardio Room

(A)
Aerobics Room

(MP)
Multi Purpose Room

(P)
Pool

(W)
Wolf Gym

(M)
Meer Gym

(WR)
Weight Room

(T)
Outside Track

\$ Additional Charge

**Kid Watch -
Free to Members**

**Monday - Friday
4 pm - 7:30 pm**

La Porte County Family YMCA

La Porte Branch 901 Michigan Ave La Porte IN, 46350 (219) 325-9622	Michigan City Branch 1202 Spring St., Door K Michigan City, IN 46360 (219) 221-4055	Long Beach Branch 2501 Oriole Trail Long Beach, IN 46360 (219) 879-1395	Andrew Ave. Outdoor Center 1400 Andrew Ave. La Porte, IN 46350 (219) 325-9622	Childcare & Learning Center 2510 Monroe St. La Porte, IN 46350 (219) 326-7646
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Visit www.lpymca.org



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Land Aerobics

Body Strength (30 or 60 minutes) - Learn how to use your own body weight to build strength.

Cardio Wake Up Call (30 minutes) - Get your heart pumping and ready to start your morning! Get ready to sweat!

Stretch and Tone (30 minutes) - A remix of yoga and pilates style workouts that will "stretch" your workout in a whole new way. Start the day with stretch and tone.

Drum Fitness (45 minutes) - Can't carry a tune or stay on beat for the life of you? No worries! All you need to stay on task in this class is a bit of coordination and lots of concentration. An instructor will help you find the right rhythm while you beat on a stability ball. Come join the smiles, sweat, and laughter while toning your arms, core, and getting a great cardio workout.

Zumba (60 minutes) - This high-energy class incorporates unique dance moves to a fusion of Latin and international music that creates a dynamic and exciting workout. It is a mixture of body-sculpting movements with easy-to-follow dance steps that maximize fat burning and total body toning.

Cardio Club (45 minutes) - Interval training in the cardio room which involves rotation through stations of various cardio equipment. You will be lead through a combination of high intensity/low intensity intervals. Get over you midweek hump or finish the work week strong at the Cardio Club!!!

Circuit Training (45 minutes) Improve your strength and muscle tone as we take you through a circuit of strength training machines and free weights in the weight room. This class is for all ages and fitness levels.

Cardio Party (45 minutes) It's fun way to burn those calories. Fast paced but yet appropriate for every age, gender and fitness level. You will learn how to use your body for a challenging workout.

Sun Salutation (30 Minutes) Enjoy the outdoors in this remix of yoga and pilates style workout. Enjoy the fresh air as you start your day.

Aqua Aerobics

Senior Stretch (60 minutes) - Gentle stretch and active movement class for the aging population. Improve your balance and coordination as you engage in this low impact activity.

Aqua Aerobics (60 Minutes) - Enter the water as you focus on simple yet effective movements that will help ease all of your aches and pains. This low impact, low intensity class is perfect for those wanting to improve their strength and mobility.

Aqua Tabata (60 minutes) - This circuit style tabata class will challenge you to work hard for a short period of time with short breaks in between. Learn in this tabata style workout how to challenge your body and get an excellent workout in the process.

Aqua Zumba (45 minutes) Make a splash and join our "pool party!" Aqua Zumba is a challenging and effective water-based workout that integrates a mixture of body-sculpting movements and dance moves to maximize fat burning and total body toning. We encourage the whole family to participate but all children must be able to stand flat footed in the shallow end and the water must be no higher than their chest.