



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS SCHEDULE - JUNE 2018

LA PORTE COUNTY FAMILY YMCA - LONG BEACH BRANCH

Monday

6:30 am -
7:30am
Walk Club
Cythnia

8:00 am -
8:45 am
Gentle Stretch
(A)
Lacy

9:00 am -
10:00 am
Pilates \$
(A)
Shari

9:00 am -
10:00 am
Circuit Training
(WR)
Lacy

10:15 am -
11:15 am
Special
Enrollment

Tuesday

8:00 am -
8:45 am
Cardio/Strength
(A)
Lacy

Wednesday

6:30 am -
7:30am
Walk Club
Cythnia

8:00 am -
8:45 am
Gentle Stretch
(A)
Lacy

9:00 am -
10:00 am
Barre
(A)
Lacy

10:15 am -
11:15 am
Special
Enrollment

Thursday

8:00am -
8:45am
Cardio/Strength
(A)
Lacy

Friday

6:30 am -
7:30am
Walk Club
Cythnia

8:00 am -
8:45 am
Gentle Stretch
(A)
Lacy

9:00 am -
10:00 am
Pilates \$
(A)
Shari

9:00 am -
10:00 am
Circuit Train-
ing
(WR)
Lacy

10:15 am -
11:15 am
Special
Enrollment

Saturday

Sunday

(L)
Lobby

(A)
Aerobics
Room

(WR)
Weight Room

(\$)
Inquire for
Pricing



Visit www.lpymca.org

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



WELLNESS SCHEDULE - JUNE 2018

LA PORTE COUNTY FAMILY YMCA - LONG BEACH BRANCH

Cardio/Strength (45 minutes) This class combines cardiovascular activities while strengthening your muscles. All fitness levels welcome, steps, weights, and bands may be used during this class.

Stretch (45 minutes) A fitness class designed to enhance each individual's quality of life and daily function. A variety of exercises that will help you increase your agility, range of movement and cardiovascular conditioning.

Pilates (60 minutes) This class improves muscle control, flexibility, strength and tone of your entire body. Each exercise is designed to open joints and improve breathing while strengthening your core. Members \$5 non-members \$8

Power Hour (45 minutes) This fast paced class will get your heart pumping as you crush those calories. You will be challenged through a variety of workouts from step aerobics, tabata, circuit training and more.

Circuit Training (60 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.

Barre (60 minutes) This class combines attributes of Pilates, dance, and functional fitness training. It incorporates small isolated movement to fatigue the muscles, large range motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count. This results in a total body workout that leaves you mentally strong and feeling accomplished.

Walking Club (60 minutes) With Cynthia, you will enjoy an hour of walking and group support. This will be done indoor/outdoor depending on weather permitting.