



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WELLNESS SCHEDULE - MARCH 2018

LA PORTE COUNTY FAMILY YMCA - LONG BEACH BRANCH

Monday

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

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

Tuesday

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

Wednesday

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

Thursday

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

Friday

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

Saturday

Sunday

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

(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



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Cardio/Strength (60 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 (60 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.