



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WELLNESS SCHEDULE - JANUARY 2018

LA PORTE COUNTY FAMILY YMCA - LONG BEACH BRANCH

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
8:00 am — 8:45 am Gentle Stretch (A) Lacy	8:00 am – 8:45 am Cardio/Strength (A) Lacy	8:00 am - 8:45 am Gentle Stretch (A) Lacy	8:00am- 8:45am Cardio Strength (A) Lacy	8:00 am — 8:45 am Gentle Stretch (A) Lacy		
9:00 am –. 10:00 am Pilates \$ (A) Shari	9:00 am- 9:45am Power Hour (A) Lacy		9:00 am- 9:45am Power Hour (A) Kathy	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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WELLNESS SCHEDULE - DECEMBER 2017

LA PORTE COUNTY FAMILY YMCA - LONG BEACH BRANCH

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

Yoga (60 minutes) Introduces beginner participants to basic yoga postures and helps more advanced participants strengthen muscles, improve balance, increase flexibility and calm the whole person.

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.