



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS SCHEDULE - MARCH 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>
6:00 am - 6:30 am Body Strength (A) Kate	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 Cardio Wake Up Call (W) Kate	8:30 am - 9:30 am Body Strength (A) Kate	Closed
8:30 am - 9:30 am Senior Stretch (P) Jackie	9:15 am - 10:00 am Pilates (A) Cynthia	8:30 am - 9:30 am Senior Stretch (P) Jackie	7:00 pm - 7:45pm Aqua Dance (P) CeCe	4:30pm - 6:00 pm Tennis Clinic \$ (M) Mike	9:30 am - 10:15 am Stretch and Tone (A) Kate	
5:30 pm - 6:30 pm Zumba (A) Daisy	10:15 am - 11:00 am Aqua Tabata (P) Cynthia	5:30 pm - 6:30pm Drum Fitness Samantha (A)		6:00 pm - 6:45 pm Cardio Club (C) Marque		
5:45 pm - 6:30 pm Youth Tae Kwon Do \$ (M) Joe	5:30 pm - 6:30pm Drum Fitness Samantha (A)	5:45 pm - 6:30 pm Youth Tae Kwon Do \$ (M) Joe				
6:45 pm - 7:45 pm Teen/Adult Tae Kwon Do \$ (M) Joe	7:00 pm - 7:45pm Aqua Dance CeCe (P)	6:45 pm - 7:45 pm Teen/Adult Tae Kwon Do \$ (M) Joe				
7:00 pm - 7:45pm Zumba (A) CeCe		7:00 pm - 7:45pm Zumba (A) CeCe				

**Kid Watch -
Free to Members**
Monday - Thursday
4 pm - 7:30 pm

- (U)** Upper Weight Room
- (C)** Cardio Room
- (A)** Aerobics Room
- (MP)** Multi Purpose Room
- (P)** Pool
- (W)** Wolf Gym
- (M)** Meer Gym
- \$ Additional Charge**

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



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 or wind down after a busy day. Several class options.

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.

Power Lunch Hour (45 minutes) - This high intensity circuit training class is sure to help you push past the post lunch hour blues. Stop in for this quick but highly effective workout and be ready to finish the day strong.

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!!!

Hip Hop Dance (45 minutes) - Break a sweat while learning choreography to some of your favorite hits from the 80's, 90's and now. This class will improve your mind-body coordination, flexibility and balance. Perfect for all ages and abilities.

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.