



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **ADD SOME FITNESS TO YOUR DAY.**



**Power Lunch Hour Class  
LA PORTE COUNTY FAMILY YMCA  
MICHIGAN CITY ELSTON BRANCH**

**This will be the best 45 minutes of your day. Beat the post-lunch hour blues and finish your day strong with this high intensity circuit training class!**

**Power Lunch Hour takes place Mondays and Wednesdays at noon in the upstairs fitness room at the Michigan City Elston Branch. This class can be easily modified for all fitness levels.**

**For more information, please contact Kathy Workman at [kworkman@lpymca.org](mailto:kworkman@lpymca.org) or 219-221-4055.**

**La Porte County Family YMCA**

La Porte Branch  
901 Michigan Ave  
La Porte IN, 46350  
(219)325-9622

Michigan City Elston 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 Avenue 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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