



Long Beach
August 1st - August 31st

2501 Oriole Trail
LONG BEACH, IN 46360
(219) 879-1395

	MON	TUE	WED	THU	FRI	SAT	SUN
9am			Tabata Aerobics Room Ashely B 9am - 9:45am				
10am			Gentle Yoga Aerobics Room Ashely B 10am - 11am				
5pm			Yin Yoga Aerobics Room Naoko M 5:30pm - 6:30pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Class Descriptions Long Beach

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Gentle Yoga - This class is for beginners and experienced participants who come to unwind after a busy day. Builds strength and relaxation through warm ups and basic yoga postures.

Tabata - Tabata uses interval routines that consist of 20 seconds of maximum interval exercise followed by a 10 second rest, repeated without pause for 4 minutes. Whether your goal is to muscle tone or weight loss this class will provide it. Limited to 16.

Yin Yoga - Yin Yoga is composed of seated and lying down poses with an emphasis on relaxing the muscles, stretching the connective tissue around the joints and encouraging mental calmness. Poses are held anywhere from 1-4 minutes. ** 90 Min Yoga end of Month!