



Long Beach Aerobics March 20-31st

Long Beach

March 20th - March 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
8am		Core Strength/Balance Aerobics Room Joanie D 8:15am - 8:45am	Strength and Stretch Weight Room Joanie D 8:15am - 9:15am	Core Strength/Balance Aerobics Room Joanie D 8:15am - 8:45am			
9am		Tabata Strong Aerobics Room Joanie D 9am - 9:45am		Tabata Strong Aerobics Room Joanie D 9am - 9:45am			
5pm	Pause/Yoga Aerobics Room Naoko M 5:30pm - 6:30pm		Pause/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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Core Strength/Balance - This class will work on balance along with a variety of core strengthening exercises. All ability levels are encouraged to attend.

Pause/Yoga - Pause is a Yin Yoga inspired class with an intention for stretching both the mind and body. Practice creating space and enjoying the present moment in your busy schedule. Try Pause/Yoga Today to create a more calming mind and body.

Strength and Stretch - Start your workout by igniting your muscles with the weight machines and finish with a deep relaxing stretch. This class is perfect for all fitness levels.

Tabata Strong - Interval circuits that incorporate full body weight exercises while adding light weights. This interval training will help you achieve your goals while you tone your body. Modifications are available for all fitness levels.