



# Long Beach Class schedule November 2022

Aerobics Room @ Long Beach

November 1st - November 30th

2501 Oriole Trail

LONG BEACH, IN 46360

(219) 879-1395

	MON	TUE	WED	THU	FRI	SAT	SUN
10am				<b>Core Strength/Balance</b> Kathy W. 10:30am - 11am			
11am				<b>Tabata Strong</b> Kathy W. 11am - 11:45am			
5pm	<b>Yoga</b> Naoko M 5:30pm - 6:30pm		<b>Yin Yoga</b> 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.

**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.

**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!

**Yoga** - Nourish your mind and body through Hatha Yoga progressions. This class introduces beginner participants to basic yoga postures and helps more advanced participants strengthen, improve balance, increase flexibility and calm the whole person.