



Aerobics Room @ Long Beach
September 1st - September 30th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5pm	Yoga Naoko M 5:30pm - 6:30pm		Yin Yoga 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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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.