



**Aerobics Room @ Long Beach**  
May 1st - May 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>7am</b>		<b>Core Strength/Balance</b> Joanie D 7:30am - 8:05am			<b>Core Strength/Balance</b> Joanie D 7:30am - 8:05am		
<b>8am</b>		<b>Aerobic Strength</b> Joanie D 8:15am - 9am			<b>Aerobic Strength</b> Joanie D 8:15am - 9am		
<b>5pm</b>	<b>Pause/Yoga</b> Naoko M 5:30pm - 6:30pm		<b>Pause/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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**Aerobic Strength** - This class is the perfect blend of strength training and cardio endurance. Join us for a mix of full body aerobic health. All fitness levels welcome and encouraged.

**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.