



Aerobics Room @ Long Beach  
January 1st - January 31st

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>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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**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.

**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.