



Long Beach  
May 1st - May 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
9am			<b>Tabata</b> Aerobics Room Ashely B 9am - 9:45am				
10am			<b>Gentle Yoga</b> Aerobics Room Ashely B 10am - 11am				

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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**Gentle Yoga** - This class is for beginners and experienced participants who come to unwind after a busy day. Builds strength and relaxation through warm ups and basic yoga postures.

**Tabata** - Tabata uses interval routines that consist of 20 seconds of maximum interval exercise followed by a 10 second rest, repeated without pause for 4 minutes. Whether your goal is to muscle tone or weight loss this class will provide it. Limited to 16.