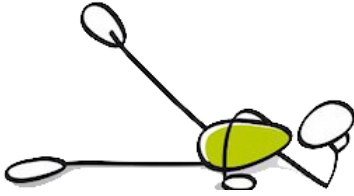


THE LIFE ENRICHMENT CENTER AT OYSTER BAY

45 EAST MAIN STREET • OYSTER BAY, NEW YORK • 516-922-1770

Evening After Hours



APRIL 2019
EXERCISE FOR BRAIN & BODY
 ~ DESIGNED FOR AGES 45+ ~



NEW MEMBERS:
CALL US TO RECEIVE A FREE TRIAL EXERCISE CLASS!

EXERCISE CLASSES RUN CONTINUOUSLY (YEAR ROUND)
 2 MONTH SESSIONS @ \$10 PER CLASS **JOIN ANYTIME!**
 (\$8 PER CLASS FOR AFTER HOURS MEMBERS*)

DAY	TIME	EXERCISE CLASS	INSTRUCTOR
MONDAY	6:00 – 7:00 p.m.	STRENGTH TRAINING Increase your strength and flexibility through stretching, light weights and floor exercises. Rheumatologist recommended. Boosts your energy levels too! Apr: 4/1, 4/8, 4/15, 4/22, 4/29 (5 wks)	Judi Pullman
WEDNESDAY	5:10 – 6:10 p.m.	STRENGTH TRAINING Increase your strength and flexibility through stretching, light weights and floor exercises. Rheumatologist recommended. Boosts your energy levels too! Apr: 4/3, 4/10, 4/17, 4/24 (4 wks)	Judi Pullman
	6:15 – 7:15 p.m.	PILATES Precise movements flow from your core to shape and sculpt your body. A superb fitness shape up! Apr: 4/3, 4/10, 4/17, 4/24 (4 wks)	Tara Lester
THURSDAY	5:45 – 6:45 p.m.	STRESS RELIEF WITH INTEGRATIVE YOGA Therapeutic yoga and meditation for relief of physical, emotional and mental stress triggers. Enhance clarity, concentration and focus; discover new mind-body strength and flexibility. Includes floor exercises, mat work. (For all levels, beginners welcome) Apr: (No class 4/4), 4/11, 4/18, 4/25 (3 wks)	Patricia Orshan

OPEN MIC NITE
 Tuesday, April 16th 7 p.m. to 9 p.m.
 Sing, play music, do comedy. Listeners are welcome!
 Listeners are welcome!
 6:30 p.m. for performers' sign up.
 Suggested donation \$5.

* Our programs are affordable and fun. An After Hours Evening Program annual membership is available for \$59 which entitles members to discounts on all classes & activities; Non-members also welcome.

For more information, please call: 516-922-1770 or email info@lifeenrichmentcenteroysterbay.org