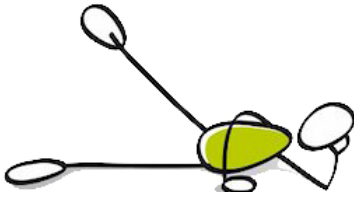


# THE LIFE ENRICHMENT CENTER AT OYSTER BAY

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

## Evening After Hours



**MARCH 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
<b>MONDAY</b>	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! <b>Mar/Apr: 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, 4/15, 4/22, 4/29 (9 wks)</b>	Judi Pullman
<b>WEDNESDAY</b>	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! <b>Mar/Apr: 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24 (8 wks)</b>	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! <b>Mar/Apr: 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24 (8 wks)</b>	Tara Lester
<b>THURSDAY</b>	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. <i>(For all levels, beginners welcome)</i> <b>Mar/Apr: 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/18, 4/25 (8 wks)</b>	Patricia Orshan

### OPEN MIC NITE

Tuesday, March 19th 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](mailto:info@lifeenrichmentcenteroysterbay.org)**