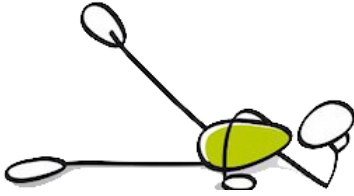


# THE LIFE ENRICHMENT CENTER AT OYSTER BAY

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

## Evening After Hours



**DECEMBER 2018**  
**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>	<b><i>New Time!</i></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>Dec: 12/3, 12/10, 12/17 (3 wks)</b>	Judi Pullman
<b>TUESDAY</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>Dec: 12/4, 12/11, 12/18 (3 wks)</b>	Patricia Orshan
	7:00 – 8:00 p.m.	GENTLE YOGA FLOW <i>Sorry, this class has been discontinued until further notice. Thank you.</i>	Mary Lou Wojcicki-Haas
<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>Dec: 12/5, 12/12, 12/19 (3 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>Dec: 12/5, 12/12, 12/19 (3wks)</b>	Tara Lester

OPEN MIC NITE  
 Tuesday, December 18th 7 p.m. to 9 p.m.  
 Sing, play music, do comedy. Listeners are welcome!  
**Bring a dish to share, & spread the holiday cheer!**  
 6:30 p.m. for performers' sign up.  
 Suggested donation \$5.

Please note:  
 Classes will not be held between  
 December 24 and January 1.  
 HAPPY HOLIDAYS!

\* 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)**