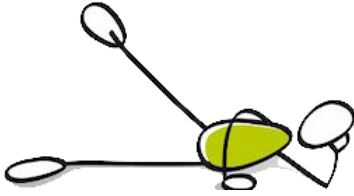


THE LIFE ENRICHMENT CENTER AT OYSTER BAY

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

Evening After Hours



JANUARY 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	<u>New Time!</u> 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! Jan/Feb: 1/7, 1/14, (no class 1/21), 1/28, 2/4, 2/11, (no class 2/18), 2/25 (6 wks)	Judi Pullman
TUESDAY	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> Jan/Feb: 1/8, 1/15, 1/22, 1/29, 2/5, 2/12, 2/19, 2/26 (8 wks)	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
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! Jan/Feb: 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27 (8 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! Jan/Feb: 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27 (8 wks)	Tara Lester

* 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