

## LONG ISLAND REACH'S SECOND ANNUAL

# VIRTUAL FITNESS FESTIVAL

For 50 years, Long Island Reach has served the community providing social, psychological, and educational assistance to individuals and families. We are committed to helping individuals and families with mental health, drug and alcohol, and educational issues.

### MONDAY, FEBRUARY 15 @ 8:00AM

#### TOTAL BODY CONDITIONING

This is a multi-level body workout that targets all of the major muscle groups. The workout is designed to contain exercises that will increase strength, decrease body fat, and improve overall fitness.

##### Gail Razler

A.C.E. Certified Personal Trainer  
Certification in Spin, CrossFit, & TRX  
gailrazler@gmail.com

### MONDAY, FEBRUARY 15 @ 9:00AM

#### PILATES

All levels of experience are welcome to join Pat as she guides you through a fun filled Pilates Mat experience. Pat shall take you through a series of exercises that shall strengthen & stretch your muscles while bringing your awareness to your breath.

##### Pat Pasqua

Owner & Operator, Pilates by Pat  
Certified Yoga & Pilates Instructor  
516-655-5773

### MONDAY, FEBRUARY 15 @ 10:00AM

#### AWAKEN ~ PRACTICE ~ MEDITATE

This live virtual class led by Laura Shockley, founder of Point Lookout Yoga & Wellness, will focus on achieving balance between body and mind, as well as freeing more subtle energetic elements through physical poses, breathing techniques, and meditation.

##### Laura Shockley

Founder, Point Lookout Yoga & Wellness  
Certified Yoga Instructor  
pointlookoutyogaclub@gmail.com // 516-686-9798

***\$20.00 PER CLASS***

***TO REGISTER, PLEASE VISIT [WWW.LONGISLANDREACH.ORG](http://WWW.LONGISLANDREACH.ORG)***