



February Fitness Calendar 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8:15am Fit Fusion 6pm Yoga	2 7:45am Mature Aerobics 10:45am Sr. Yoga 5pm Intro Yoga 6:30om Strength & Conditioning	3	4 9am Mature Aerobics
5	6 8:15am Fit Fusion 6pm Yoga	7 7:45am Mature Aerobics 10:45am Sr. Yoga 5pm Intro Yoga 6:30om Strength & Conditioning	8 8:15am Fit Fusion 6pm Yoga	9 7:45am Mature Aerobics 10:45am Sr. Yoga 5pm Intro Yoga 6:30om Strength & Conditioning	10	11 9am Mature Aerobics
12	13 8:15am Fit Fusion 6pm Yoga	14 7:45am Mature Aerobics 10:45am Sr. Yoga 5pm Intro Yoga 6:30om Strength & Conditioning	15 8:15am Fit Fusion 6pm Yoga	16 7:45am Mature Aerobics 10:45am Sr. Yoga 5pm Intro Yoga 6:30om Strength & Conditioning	17	18 9am Mature Aerobics
19	20 8:15am Fit Fusion 6pm Yoga	21 7:45am Mature Aerobics 10:45am Sr. Yoga 5pm Intro Yoga 6:30om Strength & Conditioning	22 8:15am Fit Fusion 6pm Yoga	23 7:45am Mature Aerobics 10:45am Sr. Yoga 5pm Intro Yoga 6:30om Strength & Conditioning	24	25 9am Mature Aerobics
26	27 8:15am Fit Fusion 6pm Yoga	28 7:45am Mature Aerobics 10:45am Sr. Yoga 5pm Intro Yoga 6:30om Strength & Conditioning				

Oak Island Recreation Center

3003 E. Oak Island Dr.

910-278-5518

Fitness Classes

Fit Fusion—MW 8am, Instructor: Tiffany Alexander, Fee: \$4—Town of Oak Island residents, \$6-non-residents

Yoga—MW 6pm, Instructor: Amy English, Fee: \$4—Town of Oak Island residents, \$5-non-residents

Mature Aerobics—T, TH 7:45am, S 9am, Instructor: Debbie Giordano, Fee: \$2—Town of Oak Island residents, \$3 non-residents

Senior Yoga—T, TH 10:45am, Instructors: Mert Wray, Amy English, Fee: \$2—Town of Oak Island residents, \$3-non-residents

Introductory Yoga—T, TH 5pm, Instructor: Shannon Dievendorf, Fee: \$2—Town of Oak Island residents, \$3-non-resident

Strength & Conditioning—T, TH 6:30pm, Instructor: Yvonne Kaiser, Fee: \$4—Town of Oak Island Residents, \$6 non-residents

Moms On The Move—M, W 6pm, Instructor: Savannah McEntarffer, Fee: \$4—Town of Oak Island Residents, \$6 non-residents—*Class is held at the Soccer Field at 46SE*

Fitness Facility (weight & cardio) Room Fees

Town of Oak Island Residents* -- \$3 per visit * \$15 per week * \$20 per month * \$200 per year

Brunswick County Residents -- \$6 per visit * \$25 per week * \$35 per month * \$375 per year

Non-Residents -- \$7.00 per visit * \$30 per week * \$40 per month * \$400 per year

**Proof of Residency required*

Oak Island Recreation Center Hours:

M-TH 6:30am-8pm

F 6:30am-6pm

S 9am-2pm

Closed Sunday