


July Fitness Calendar

Mon	Tue	Wed	Thu	Fri	Sat
					1 9am Mature Aerobics
3 9:30am SS Circuit 6pm Yoga	4 CLOSED 	5 6:45am Cardio/Strength Intervals 6pm Yoga	6 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga 5pm Intro Yoga 6:30pm Strength & Conditioning	7 6:45am Cardio/Strength Intervals	8 9am Mature Aerobics
10 9:30am SS Circuit 6pm Yoga	11 7:45am Mature Aerobics 10:45am Sr. Yoga 5pm Intro Yoga 6:30pm Strength & Conditioning	12 6:45am Cardio/Strength Intervals 6pm Yoga	13 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga 5pm Intro Yoga 6:30pm Strength & Conditioning	14 6:45am Cardio/Strength Intervals	15 9am Mature Aerobics
17 9:30am SS Circuit 6pm Yoga	18 7:45am Mature Aerobics 10:45am Sr. Yoga 5pm Intro Yoga 6:30pm Strength & Conditioning	19 6:45am Cardio/Strength Intervals 6pm Yoga	20 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga 5pm Intro Yoga 6:30pm Strength & Conditioning	21 6:45am Cardio/Strength Intervals	22 9am Mature Aerobics
24 9:30am SS Circuit 6pm Yoga	25 7:45am Mature Aerobics 10:45am Sr. Yoga 5pm Intro Yoga 6:30pm Strength & Conditioning	26 6:45am Cardio/Strength Intervals 6pm Yoga	27 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga 5pm Intro Yoga 6:30pm Strength & Conditioning	28 6:45am Cardio/Strength Intervals	29 9am Mature Aerobics
31 9:30am SS Circuit 6pm Yoga					

Oak Island Recreation Center

3003 E. Oak Island Dr.

910-278-5518

Fitness Classes

Cardio & Strength Interval Training: WF 6:45am, Instructor: Yvonne Kaiser, Fee: \$3-Town of Oak Island Residents, \$4- Non-Residents

Yoga- MW 6pm, Instructor: Amy English, Fee: \$4- Town of Oak Island Residents, \$5-Non-Residents

Mature Aerobics- T,TH 7:45, 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-Residents

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

Tap Dancing- Cancelled until Fall 2017

Silver Sneakers Circuit- M,Th, Instructor: Jamie Fee: \$3Town of Oak Island Residents, \$4 Non-Residents

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 per visit *\$ 30 per week * \$40 per month * 400 per year

Fitness Rooms are FREE with active Silver Sneakers Membership

Oak Island Recreation Center Hours

M-TH 6:30am-8pm

F 6:30am-6pm

S 9am-2pm

Closed Sundays