

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|--|---|----------------------------------|
|  <h1 style="margin: 0;">SEPTEMBER 2017</h1>  | | | | | | |
| | | | | | 1 6:45am Cardio/ Strength Intervals | 2 9am Mature Aerobics |
| 3 | 4 CLOSED  | 5 7:45am Mature Aerobics 10:45am Sr. Yoga 5pm Intro Yoga 6:30pm Strength & Conditioning | 6 6:45am Cardio/ Strength Intervals 6pm Yoga | 7 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga 5pm Intro Yoga 6:30pm Strength & Conditioning | 8 6:45am Cardio/ Strength Intervals | 9 9am Mature Aerobics |
| 10 | 11 9:30am SS Circuit 6pm Yoga | 12 7:45am Mature Aerobics 10:45am Sr. Yoga 5pm Intro Yoga | 13 9:30am Fit Fusion 6pm Yoga | 14 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga 5pm Intro Yoga | 15 | 16 9am Mature Aerobics |
| 17 | 18 9:30am SS Circuit 6pm Yoga | 19 7:45am Mature Aerobics 10:45am Sr. Yoga 5pm Intro Yoga 6:30pm Strength & Conditioning | 20 6:45am Cardio/ Strength Intervals 9:30am Fit Fusion 6pm Yoga | 21 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga 5pm Intro Yoga 6:30pm Strength & Conditioning | 22 6:45am Cardio/ Strength Intervals | 23 9am Mature Aerobics |
| 24 | 25 9:30am SS Circuit 6pm Yoga | 26 7:45am Mature Aerobics 10:45am Sr. Yoga 5pm Intro Yoga 6:30pm Strength & Conditioning | 27 6:45am Cardio/ Strength Intervals 9:30am Fit Fusion 6pm Yoga | 28 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga 5pm Intro Yoga 6:30pm Strength & Conditioning | 29 6:45am Cardio/ Strength Intervals | 30 9am Mature Aerobics |

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

Fit Fusion: W 9:30, 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 7:45, 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 Worely, 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