



January 2019 Fitness Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Closed for New Year's	2	3 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga	4 8am Table Tennis	5 9am Mature Aerobics 10:30 Meditation Club
6	7 9:30am SS Circuit 10:30am Zumba Gold 6pm Zumba Gold	8 7:45am Mature Aerobics 9:00am SS Circuit 10:00am Tap Dance 10:45am Sr. Yoga	9 9am Zumba Gold 6pm Zumba Gold	10 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga	11 8am Table Tennis	12 9am Mature Aerobics 10:30 Meditation Club
13	14 9:30am SS Circuit 10:30am Zumba Gold 6pm Zumba Gold	15 7:45am Mature Aerobics 9:00am SS Circuit 10:00am Tap Dance 10:45am Sr. Yoga	16 9am Zumba Gold 6pm Zumba Gold	17 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga	18 8am Table Tennis	19 9am Mature Aerobics 10:30 Meditation Club
20	21 Closed For MLK Day	22 7:45am Mature Aerobics 9:00am SS Circuit 10:00am Tap Dance 10:45am Sr. Yoga	23 9am Zumba Gold 6pm Zumba Gold	24 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga	25 8am Table Tennis	26 9am Mature Aerobics 10:30 Meditation Club
27	28 9:30am SS Circuit 10:30am Zumba Gold 6pm Zumba Gold	29 7:45am Mature Aerobics 9:00am SS Circuit 10:00am Tap Dance 10:45am Sr. Yoga	30 9am Zumba Gold 6pm Zumba Gold	31 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga		

*****IMPORTANT NOTICE: Classes can be cancelled with limited notice, even if originally scheduled. Every effort will be made to communicate class schedule changes.*****

***** Stop by the front desk of OKI Recreation Center to be added to our fitness announcements email list.*****

Oak Island Recreation Center
3003 E. Oak Island Dr.
910-278-5518

Fitness Classes

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, Fee: \$4- Town of Oak Island Residents, \$5-Non-Residents

Strength & Conditioning- T, TH *This course has been cancelled until further notice*

Silver Sneakers Circuit- M,Th (9:30am) & T (9am), Instructor: Jamie Worely, Fee: \$3Town of Oak Island Residents, \$4 Non-Residents,

Silver Sneakers Circuit is FREE with Active Silver Sneakers Membership

Tap Dancing- T, 10:30am, Instructor: Marty Chang, Fee: \$6Town of Oak Island Residents, \$8-Non-Residents

Gentle Yoga- MW Cancelled until further notice

Zumba Gold- M (10:30am & 6:00pm) & W (9am & 6:00p.m.), Instructor: Mary Ann Fox, Fee: \$2- Town of Oak Island Residents, \$3-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

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