



# Fitness Calendar: October 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 7:45am Mature Aerobics 9:00am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	2 4:15pm Yoga For Balance	3 7:45am Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	4 8am Table Tennis Club	5 9am Mature Aerobics 10:30 Meditation Club
6	7 9:30am SS Circuit 10:30am Zumba Gold	8 7:45am Mature Aerobics 9:00am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	9 9am Zumba Gold 4:15pm Yoga For Balance	10 7:45am Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	11 8am Table Tennis Club	12 9am Mature Aerobics 10:30 Meditation Club
13	14 9:30am SS Circuit 10:30am Zumba Gold	15 7:45am Mature Aerobics 9:00am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	16 9am Zumba Gold 4:15pm Yoga For Balance	17 7:45am CANCELLED Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	18 8am Table Tennis Club	19 9am CANCELLED Mature Aerobics 10:30 Meditation Club
20	21 9am Little Yokes Yoga 9:30am SS Circuit 10:30am Zumba Gold	22 7:45am CANCELLED Mature Aerobics 9:00am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	23 9am Zumba Gold 10:15am Tai Chi 4:15pm Yoga For Balance	24 7:45am CANCELLED Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	25 8am Table Tennis Club	26 9am Mature Aerobics 10:30 Meditation Club
27	28 9am Little Yokes Yoga 9:30am SS Circuit 10:30am Zumba Gold	29 7:45am Mature Aerobics 9:00am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	30 9am Zumba Gold 10:15am Tai Chi 4:15pm Yoga For Balance	31 7:45am Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 6:30pm CANCELLED Strength & Conditioning		

**\*\*\*IMPORTANT NOTICE: Classes can be cancelled or rescheduled with limited notice, even if it is located on the original schedule. 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.\*\*\***

## **Fitness Classes**

***\*\*Fitness Clubs Are FREE!\*\****

**Mature Aerobics-** T,TH 7:45, Sat 9am, Instructor: Debbie Giordano, Fee: \$2- Town of Oak Island Residents, \$3-Non-Residents

**Mat Pilates-** Th 9am, Instructor: Mert Wray, Fee: \$5- Town of Oak Island Residents, \$6-Non-Residents

**Active Senior Yoga-** T, TH 10:45am, Instructors: Mert Wray, Fee: \$4- Town of Oak Island Residents, \$5-Non-Residents

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

**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\*\****

**Yoga For Balance -** W 4:15pm, Instructor: Emily Silverman, Fee: \$4-Town of Oak Island Residents, \$5- Non-Residents

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

**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

**Tai Chi-** W 10am, Instructors: Caroline Bailey, Fee: \$4- Town of Oak Island Residents, \$5-Non- Residents

**Little Yokes Yoga-** M 9am & 1pm, Instructors: Jess Lobb, Fee: \$5- Town of Oak Island Residents, \$8-Non- Residents

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### **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