



Fitness Calendar: November 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8am Table Tennis Club	2 9am Mature Aerobics 10:30 Meditation Club
3	4 9:30am SS Circuit 10:30am Zumba Gold	5 All classes CANCELLED due to Elections	6 9am Zumba Gold 10:15am Tai Chi 4:15pm Yoga For Balance	7 7:45am Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	8 8am Table Tennis Club	9 9am Mature Aerobics 10:30 Meditation Club
10	11 Closed for Veterans Day	12 7:45am Mature Aerobics 9:00am SS Circuit 10am Tap 10:45am Sr. Yoga 5:30 Evening Slow Flow Yoga 6:30pm Strength & Conditioning	13 9am Zumba Gold 10:15am Tai Chi 4:15pm Yoga For Balance	14 7:45am Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	15 8am Table Tennis Club	16 9am Mature Aerobics 10:30 Meditation Club
17	18 9:30am SS Circuit 10:30am Zumba Gold	19 7:45am Mature Aerobics 9:00am SS Circuit 10am Tap 10:45am Sr. Yoga 5:30 Evening Slow Flow Yoga 6:30pm Strength & Conditioning	20 9am Zumba Gold 10:15am Tai Chi 4:15pm Yoga For Balance	21 7:45am Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	22 8am Table Tennis Club	23 9am Mature Aerobics 10:30 Meditation Club
24	25 9:30am SS Circuit 10:30am Zumba Gold	26 7:45am Mature Aerobics 9:00am SS Circuit 10am Tap 10:45am Sr. Yoga 5:30pm Evening Slow Flow Yoga 6:30pm Strength & Conditioning	27 9am Zumba Gold 10:15am Tai Chi 4:15pm Yoga For Balance	28 Closed for Thanksgiving	29 Closed for Thanksgiving	30 9am Mature Aerobics 10:30 Meditation Club

*****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

Evening Slow Flow Yoga- T 5:30pm, Instructors: BrynnWaite, Fee: \$4- Town of Oak Island Residents, \$5-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