

♥ Fitness Calendar February 2019 ♥

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8am Table Tennis Club	2 *Mature Aerobics Cancelled*
3	4 9:30am SS Circuit 10:30am Zumba Gold 6pm Zumba Gold	5 7:45am Mature Aerobics 9:00am SS Circuit 10:00am Tap Dance 10:45am Sr. Yoga	6 9am Zumba Gold 11am Chair, Stretch, & Balance Club 6pm Zumba Gold	7 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga	8 8am Table Tennis Club	9 *Mature Aerobics Cancelled*
10	11 9:30am SS Circuit 10:30am Zumba Gold 6pm Zumba Gold	12 7:45am Mature Aerobics 9:00am SS Circuit 10:00am Tap Dance * Cancelled Senior Yoga* 4:30pm Yoga For Balance	13 9am Zumba Gold 11am Chair, Stretch, & Balance Club 6pm Zumba Gold	14 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga 4:30pm Yoga For Balance	15 8am Table Tennis Club	16 9am Mature Aerobics 10:30 Meditation Club
17	18 9:30am SS Circuit 10:30am Zumba Gold 6pm Zumba Gold	19 7:45am Mature Aerobics 9:00am SS Circuit 10:00am Tap Dance 10:45am Sr. Yoga 4:30pm Yoga For Balance	20 9am Zumba Gold 11am Chair, Stretch, & Balance Club 6pm Zumba Gold	21 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga 4:30pm Yoga For Balance	22 8am Table Tennis Club	23 9am Mature Aerobics 10:30 Meditation Club
24	25 *Cancelled SS Circuit* 10:30am Zumba Gold 6pm Zumba Gold	26 7:45am Mature Aerobics 9:00am SS Circuit 10:00am Tap Dance 10:45am Sr. Yoga 4:30pm Yoga For Balance	27 9am Zumba Gold 11am Chair, Stretch, & Balance Club 6pm Zumba Gold	28 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga 4:30pm Yoga For Balance		

*****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

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

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

Yoga For Balance *Begins February 12th* - T, TH (4:30pm), Instructor: Emily Silverman, 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