



Fitness Calendar March 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8am Table Tennis Club	2 9am Mature Aerobics Club 10:30 Meditation Club
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 4:30pm Yoga For Balance 6:30pm Strength & Conditioning	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 4:30pm Yoga For Balance 6:30pm Strength & Conditioning	8 8am Table Tennis Club	9 9am Mature Aerobics Club 10:30 Meditation Club
10	11 8am Step Aerobics 9:30am SS Circuit 10:30am Zumba Gold 6pm Zumba Gold	12 7:45am Mature Aerobics 9:00am SS Circuit 10:00am Tap Dance 10:45am Sr. Yoga 4:30pm Yoga For Balance 5:30pm Step Aerobics 6:30pm Strength & Conditioning	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 5:30pm Step Aerobics 6:30pm Strength & Conditioning	15 8am Table Tennis Club 8am Step Aerobics	16 9am Mature Aerobics Club 10am Step Aerobics 10:30 Meditation Club
17	18 8am Step Aerobics 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 5:30pm Step Aerobics 6:30pm Strength & Conditioning	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 5:30pm Step Aerobics 6:30pm Strength & Conditioning	22 8am Table Tennis Club 8am Step Aerobics	23 9am Mature Aerobics Club 10am Step Aerobics 10:30 Meditation Club
24	25 8am Step Aerobics 9:30am 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 5:30pm Step Aerobics 6:30pm Strength & Conditioning	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 5:30pm Step Aerobics 6:30pm Strength & Conditioning	29 8am Table Tennis Club 8am Step Aerobics	30 9am Mature Aerobics Club 10am Step Aerobics 10:30 Meditation Club
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*****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.*****

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

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

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

Yoga For Balance *Ends March 21st* - T, TH 4:30pm, Instructor: Emily Silverman, Fee: \$4-Town of Oak Island Residents, \$5- Non-Residents

Step Aerobics *Begins March 11th* - M 8am/ T & TH- 5:30pm/ Fri- 4:45pm/ Sat 10am, Instructor: Angela Kluck,

Fee: \$3- Town 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

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