



Fitness Calendar: April 2019



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------|---|---|--|--|--|--|
| | 1 8:00am Step Aerobics 9:30am SS Circuit 10:30am Zumba Gold 6pm Zumba Gold | 2 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 | 3 9am Zumba Gold 6pm Zumba Gold | 4 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 | 5 8am Table Tennis Club 8am Step Aerobics | 6 9am Mature Aerobics 10am Step Aerobics 10:30 Meditation Club |
| 7 | 8 8:00am Step Aerobics 9:30am SS Circuit 10:30am Zumba Gold 6pm Zumba Gold | 9 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 | 10 9am Zumba Gold 6pm Zumba Gold | 11 7:45am Mature Aerobics 9am Mat Pilates 9:30am SS Circuit 10:45am Sr. Yoga 4:30pm Yoga For Balance 5:30pm Step Aerobics 6:30pm Strength & Conditioning | 12 8am Table Tennis Club 8am Step Aerobics | 13 9am Mature Aerobics 10am Step Aerobics 10:30 Meditation Club |
| 14 | 15 8:00am Step Aerobics 9:30am SS Circuit 10:30am Zumba Gold 6pm Zumba Gold | 16 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 | 17 9am Zumba Gold 6pm Zumba Gold | 18 7:45am CANCELLED Mature Aerobics 9am Mat Pilates 9:30am SS Circuit 10:45am Sr. Yoga 4:30pm Yoga For Balance 5:30pm Step Aerobics 6:30pm Strength & Conditioning | 19 OKI Recreation & Community Centers Closed | 20 9am CANCELLED Mature Aerobics 10am Step Aerobics 10:30 Meditation Club |
| 21 | 22 8:00am Step Aerobics 9:30am SS Circuit 10:30am CANCELLED Zumba Gold 6pm CANCELLED Zumba Gold | 23 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 | 24 9am CANCELLED Zumba Gold 6pm CANCELLED Zumba Gold | 25 7:45am Mature Aerobics 9am Mat Pilates 9:30am SS Circuit 10:45am Sr. Yoga 4:30pm Yoga For Balance 5:30pm Step Aerobics 6:30pm Strength & Conditioning | 26 8am Table Tennis Club 8am Step Aerobics | 27 8am Footgolf & Golf Tournament @ Par 3 8am W.A.I.T. 9am CANCELLED Mature Aerobics 10am CANCELLED Step Aerobics 10:30 Meditation Club |
| 8am W.A.I.T. 28 | 29 8:00am Step Aerobics 9:30am SS Circuit 10:30am Zumba Gold 6pm Zumba Gold | 30 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 | | | | |

*****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

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

Step Aerobics - M &F- 8am/ T & TH- 5:30pm/ Sat 10am, Instructor: Angela Kluck, Fee: \$3- Town of Oak Island Residents, \$4- 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 - 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