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
28 **8am W.A.I.T.**	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