


# **Fitness Calendar May 2019**

| Sun | Mon   | Tue   | Wed            | Thu  | Fri  | Sat  |
|-----|---|---|----------------|--|--|--|
|     |   |   | 1              | 2  | 3  | 4  |
|     |   |   | 9am Zumba Gold | 7:45am Mature Aerobics<br>9:30am SS Circuit<br>10:45am Sr. Yoga<br>4:30pm Yoga For Balance<br><b>CANCELLED</b><br>5:30pm Step Aerobics<br>6:30pm Strength & Conditioning | 8am Table Tennis Club<br>8am Step Aerobics                                   | 9am Mature Aerobics<br>10am Step Aerobics<br>10:30 Meditation Club |
| 5   | 6   | 7   | 8              | 9  | 10   | 11   |
|     | 8:00am Step Aerobics<br>9:30am SS Circuit<br>10:30am Zumba Gold<br>6pm Slow Flow Yoga   | 7:45am Mature Aerobics<br>9:00am SS Circuit<br>10:00am Tap Dance<br>10:45am Sr. Yoga<br>4:30pm Yoga For Balance<br><b>CANCELLED</b><br>5:30pm Step Aerobics<br>6:30pm Strength & Conditioning | 9am Zumba Gold | 7:45am Mature Aerobics<br>9:30am SS Circuit<br>10:45am Sr. Yoga<br>4:30pm Yoga For Balance<br><b>CANCELLED</b><br>5:30pm Step Aerobics<br>6:30pm Strength & Conditioning | 8am Table Tennis Club<br><b>8am Art Guild Day</b><br>Step Aerobics Cancelled | 9am Mature Aerobics<br>10am Step Aerobics<br>10:30 Meditation Club |
| 12  | 13  | 14  | 15             | 16   | 17   | 18   |
|     | 8:00am Step Aerobics<br>9:30am SS Circuit<br>10:30am Zumba Gold<br>6pm Slow Flow Yoga   | 7:45am Mature Aerobics<br>9:00am SS Circuit<br>10:00am Tap Dance<br>10:45am Sr. Yoga<br>4:30pm Yoga For Balance<br>5:30pm Step Aerobics<br>6:30pm Strength & Conditioning                     | 9am Zumba Gold | 7:45am Mature Aerobics<br>9:30am SS Circuit<br>10:45am Sr. Yoga<br>4:30pm Yoga For Balance<br>5:30pm Step Aerobics<br>6:30pm Strength & Conditioning                     | 8am Table Tennis Club<br>8am Step Aerobics                                   | 9am Mature Aerobics<br>10am Step Aerobics<br>10:30 Meditation Club |
| 19  | 20  | 21  | 22             | 23   | 24   | 25   |
|     | 8:00am Step Aerobics<br>9:30am SS Circuit<br>10:30am Zumba Gold<br>6pm Slow Flow Yoga   | 7:45am Mature Aerobics<br>9:00am SS Circuit<br>10:00am Tap Dance<br>10:45am Sr. Yoga<br>4:30pm Yoga For Balance<br>5:30pm Step Aerobics<br>6:30pm Strength & Conditioning                     | 9am Zumba Gold | 7:45am Mature Aerobics<br>9:30am SS Circuit<br>10:45am Sr. Yoga<br>4:30pm Yoga For Balance<br>5:30pm Step Aerobics<br>6:30pm Strength & Conditioning                     | 8am Table Tennis Club<br>8am Step Aerobics                                   | 9am Mature Aerobics<br>10am Step Aerobics<br>10:30 Meditation Club |
| 26  | 27  | 28  | 29             | 30   | 31   |  |
|     | <b>OKI Recreation Center &amp; OKI Community CLOSED</b><br><b>Memorial Day</b><br> | 7:45am Mature Aerobics<br>9:00am SS Circuit<br>10:00am Tap Dance<br>10:45am Sr. Yoga<br>4:30pm Yoga For Balance<br>5:30pm Step Aerobics<br>6:30pm Strength & Conditioning                     | 9am Zumba Gold | 7:45am Mature Aerobics<br>9:30am SS Circuit<br>10:45am Sr. Yoga<br>4:30pm Yoga For Balance<br>5:30pm Step Aerobics<br>6:30pm Strength & Conditioning                     | 8am Table Tennis Club<br>8am Step Aerobics                                   |  |

**\*\*\*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

**Slow Flow Yoga-** T, TH 10:45am, Instructors: Rachel Lange, 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