



# Fitness Calendar August 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 7:45am Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	2 8am Table Tennis Club	3 9am Mature Aerobics 10:30 Meditation Club
4	5 9:30am SS Circuit 10:30am Zumba Gold	6 7:45am Mature Aerobics 9:00am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	7 9am Zumba Gold 4:15pm Yoga For Balance	8 7:45am Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	9 8am Table Tennis Club	10 9am Mature Aerobics 10:30 Meditation Club
11	12 9:30am SS Circuit 10:30am Zumba Gold	13 7:45am Mature Aerobics 9:00am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	14 9am Zumba Gold 4:15pm Yoga For Balance	15 7:45am Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	16 8am Table Tennis Club	17 9am Mature Aerobics 10:30 Meditation Club
18	19 9:30am SS Circuit 10:30am Zumba Gold	20 7:45am Mature Aerobics 9:00am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	21 9am Zumba Gold 4:15pm Yoga For Balance	22 7:45am Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	23 8am Table Tennis Club	24 9am Mature Aerobics 10:30 Meditation Club
25	26 9:30am SS Circuit 10:30am Zumba Gold	27 7:45am Mature Aerobics 9:00am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	28 9am Zumba Gold 4:15pm Yoga For Balance	29 7:45am Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	30 8am Table Tennis Club	31 9am Mature Aerobics 10:30 Meditation Club

**\*\*\*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

**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\*\****

**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 -** W 4:15pm, Instructor: Emily Silverman, Fee: \$4-Town of Oak Island Residents, \$5- Non-Residents

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***\*\*Tap Dancing- Instructor: Marty Chang- Classes will return Tuesday, September 10th, 2019***

***\*\*Slow Flow Yoga- Instructor: Rachel Lange- Cancelled due to low attendance***

***\*\*Tai Chi- Instructor: Caroline Bailey- Classes will return Fall 2019***

***\*\*Step Aerobics - Instructor: Angie Kluck- Due to unforeseen circumstances, this class is cancelled until further notice***

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### 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