



August 2018 Fitness Classes



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 5pm Gentle Yoga	2 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	3	4 9am Mature Aerobics
5	6 9:30am SS Circuit 5pm Gentle Yoga 6pm Tang Soo Do/Tae Kwon Do	7 7:45am Mature Aerobics 9:00am SS Circuit 10:30am Tap Dance 10:45am Sr. Yoga 6:30pm Strength & Conditioning	8 5pm Gentle Yoga 6pm Tang Soo Do/Tae Kwon Do	9 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga 6pm Tang Soo Do/Tae Kwon Do 6:30pm Strength & Conditioning	10	11 9am Mature Aerobics
12	13 9:30am SS Circuit 5pm Gentle Yoga 6pm Tang Soo Do/Tae Kwon Do	14 7:45am Mature Aerobics 9:00am SS Circuit 10:30am Tap Dance 10:45am Sr. Yoga 6:30pm Strength & Conditioning	15 5pm Gentle Yoga 6pm Tang Soo Do/Tae Kwon Do	16 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga 6pm Tang Soo Do/Tae Kwon Do 6:30pm Strength & Conditioning	17	18 9am Mature Aerobics
19	20 9:30am SS Circuit 5pm Gentle Yoga 6pm Tang Soo Do/Tae Kwon Do	21 7:45am Mature Aerobics 9:00am SS Circuit 10:30am Tap Dance 10:45am Sr. Yoga 6:30pm Strength & Conditioning	22 5pm Gentle Yoga 6pm Tang Soo Do/Tae Kwon Do	23 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga 6pm Tang Soo Do/Tae Kwon Do 6:30pm Strength & Conditioning	24	25 9am Mature Aerobics
26	27 9:30am SS Circuit 5pm Gentle Yoga 6pm Tang Soo Do/Tae Kwon Do	28 7:45am Mature Aerobics 9:00am SS Circuit 10:30am Tap Dance 10:45am Sr. Yoga 6:30pm Strength & Conditioning	29 5pm Gentle Yoga 6pm Tang Soo Do/Tae Kwon Do	30 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga 6pm Tang Soo Do/Tae Kwon Do 6:30pm Strength & Conditioning	31	

Oak Island Recreation Center
3003 E. Oak Island Dr.
910-278-5518

Fitness Classes

Mature Aerobics- T,TH 7:45, S 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

Yo-Chi - M 10:45am- This course has been cancelled due to unforeseen circumstances.

Gentle Yoga- MW 5pm, Instructor: Rachel Lange, Fee: \$5- Town of Oak Island Residents, \$6-Non-Residents

Strength & Conditioning- T, TH 6:30pm, Instructor: Yvonne Kaiser, Fee: \$4- Town of Oak Island Residents, \$6- Non-Residents

Tap Dancing- T, 10:30am, Instructor: Marty Chang, Fee: \$6Town of Oak Island Residents, \$8-Non-Residents

Silver Sneakers Circuit- M,Th (9:30am) & T (9am), Instructor: Jamie Worely, Fee: \$3Town of Oak Island Residents, \$4 Non-Residents

Tang Soo Do/Tae Kwon Do- M, W, TH 6pm, (6pm-7pm, 5 years and Older) (6pm-7:30pm, 12 years and Older) Instructor: Brian Walshaw

Membership (Daily) *Ages 5 & Older* \$6 -Town of Oak Island Residents & \$8- Non-residents

Ages 12 & Older \$10 -Town of Oak Island Residents & \$12 –Non-residents

Membership (Monthly)

\$100 -Town of Oak Island Residents & \$120- 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

