

# Fitness Calendar- February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 9am CANCELLED- Mature Aerobics 10:30 Meditation Club
2	3 8:45am SS Circuit 9:30am SS Circuit 10:30am Zumba Gold	4 7:45am Mature Aerobics 9:00am SS Stability 10am Tap 10:45am Sr. Yoga 5:15 Candlelight Slow Flow Yoga 6:30pm Strength & Conditioning	5 9am Zumba Gold	6 7:45am Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	7 8am Table Tennis Club 10:30am CANCELLED- Zumba Gold	8 9am CANCELLED- Mature Aerobics 10:30 Meditation Club
9	10 8:45am SS Circuit 9:30am SS Circuit 10:30am CANCELLED- Zumba Gold 1pm SS Circuit	11 7:45am Mature Aerobics 9:00am SS Stability 10am Tap 10:45am Sr. Yoga 5:15 Candlelight Slow Flow Yoga 6:30pm Strength & Conditioning	12 9am Zumba Gold	13 7:45am Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 1pm SS Stability 6:30pm Strength & Conditioning	14 8am Table Tennis Club  <b>*No Zumba Gold*</b>	15 9am Mature Aerobics 10:30 Meditation Club
16	17 8:45am SS Circuit 9:30am SS Circuit 10:30am Zumba Gold 1pm SS Circuit	18 7:45am Mature Aerobics 9:00am SS Stability 10am Tap 10:45am Sr. Yoga 5:15 Candlelight Slow Flow Yoga 6:30pm Strength & Conditioning	19 <b>LIFELINE HEALTH SCREENING EVENT *ALL CLASSES CANCELLED*</b>	20 7:45am Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 1pm SS Stability 6:30pm Strength & Conditioning	21 8am Table Tennis Club 10:30am Zumba Gold	22 9am Mature Aerobics 10:30 Meditation Club
23	24 8:45am SS Circuit 9:30am SS Circuit 10:30am Zumba Gold 1pm SS Circuit	25 7:45am Mature Aerobics 9:00am SS Stability 10am Tap 10:45am Sr. Yoga 5:15 Candlelight Slow Flow Yoga 6:30pm Strength & Conditioning	26 9am Zumba Gold 4:15pm Yoga For Balance	27 7:45am Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 1pm SS Stability 6:30pm Strength & Conditioning	28 8am Table Tennis Club 10:30am Zumba Gold	29 9am CANCELLED- Mature Aerobics 10:30 Meditation Club

**\*\*\*IMPORTANT NOTICE: Classes can be cancelled with limited notice, even if originally scheduled. 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. \*\*\***

## Cardio Club

February 1<sup>st</sup>-May 1<sup>st</sup>, 2020

**FREE- Town of Oak Island Residents**

**\$15- Non Residents & Island Guests**

Oak Island Parks & Recreation is challenging you to invest in yourself this year through a self-directed fitness program that promotes living a healthy and active lifestyle. Log your miles, and earn incentive prizes along the way, as we "travel" north to the Empire State Building. The process is simple! Fill out a cardio incentive card at the OKI Recreation Center, and log your completed miles from your latest workout. Miles can be logged with running, walking, biking, kayaking, fitness machines, and a variety of exercises! \*For more information reach out to Program Supervisor, Eric, at [efalkenhagen@ci.oak-island.nc.us](mailto:efalkenhagen@ci.oak-island.nc.us)

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## Fitness Classes

**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 W/ Jamie-** M,Th 9:30am, Instructor: Jamie Worely, Fee: \$3Town of Oak Island Residents, \$4 Non-Residents,

*\*\*Silver Sneakers Circuit is FREE with Active Silver Sneakers Membership\*\**

**Silver Sneakers Stability W/ Jamie-** T 9am, Instructor: Jamie Worely, Fee: \$3Town of Oak Island Residents, \$4 Non-Residents,

*\*\*Silver Sneakers Circuit is FREE with Active Silver Sneakers Membership\*\**

**Silver Sneakers Circuit W/ Mary Beth-** M, 1pm, Instructor: Mary Beth Dziubinsk, Fee: \$3Town of Oak Island Residents, \$4 Non-Residents,

*\*\*Silver Sneakers Circuit is FREE with Active Silver Sneakers Membership\*\**

**Silver Sneakers Stability W/ Mary Beth-** TH, 1pm, Instructor: Mary Beth Dziubinsk, Fee: \$3Town of Oak Island Residents, \$4 Non-Residents,

*\*\*Silver Sneakers Circuit is FREE with Active Silver Sneakers Membership\*\**

**Yoga For Balance -** W 4:15pm, Instructor: Tammy Serafin, Fee: \$4-Town of Oak Island Residents, \$5- Non-Residents

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

**Zumba Gold-** M&F 10:30am & 6:00pm & W 9am., Instructor: Mary Ann Fox, Fee: \$3- Town of Oak Island Residents, \$4-Non-Residents

*\*\*Zumba Gold Rates will NOT meet on the 2<sup>nd</sup> Friday of each month*

**Candlelight Slow Flow Yoga-** T 5:30pm, Instructors: BrynnWaite, Fee: \$4- Town of Oak Island Residents, \$5-Non- Residents

*\*\*\*Fitness Clubs Are FREE!\*\*\**

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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