





Fitness Calendar: January 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Closed 	2 7:45am Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	3 8am Table Tennis Club 10:30am Zumba Gold	4 9am Mature Aerobics 10:30 Meditation Club
5	6 9:30am SS Circuit 10:30am Zumba Gold	7 7:45am Mature Aerobics 9:00am SS Circuit 10am Tap 10:45am Sr. Yoga 5:30 Evening Slow Flow Yoga 6:30pm Strength & Conditioning	8 9am Zumba Gold 10:15am Tai Chi 4:15pm Yoga For Balance	9 7:45am Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	10 8am Table Tennis Club *No Zumba Gold*	11 9am Mature Aerobics 10:30 Meditation Club
12	13 9:30am SS Circuit 10:30am Zumba Gold	14 7:45am Mature Aerobics 9:00am SS Circuit 10am Tap 10:45am Sr. Yoga 5:30 Evening Slow Flow Yoga 6:30pm Strength & Conditioning	15 9am Zumba Gold 10:15am Tai Chi 4:15pm Yoga For Balance	16 7:45am Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	17 8am Table Tennis Club 10:30am Zumba Gold	18 9am Mature Aerobics 10am Qi Gong Workshop 10:30 Meditation Club
19	20 Closed for 	21 7:45am Mature Aerobics 9:00am SS Circuit 10am Tap 10:45am Sr. Yoga 5:30 Evening Slow Flow Yoga 6:30pm Strength & Conditioning	22 9am Zumba Gold 10:15am Tai Chi 4:15pm Yoga For Balance	23 7:45am Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	24 8am Table Tennis Club 10:30am Zumba Gold	25 9am Mature Aerobics 10:30 Meditation Club
26	27 9:30am SS Circuit 10:30am Zumba Gold	28 7:45am Mature Aerobics 9:00am SS Circuit 10am Tap 10:45am Sr. Yoga 5:30 Evening Slow Flow Yoga 6:30pm Strength & Conditioning	29 9am Zumba Gold 10:15am Tai Chi 4:15pm Yoga For Balance	30 7:45am Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	31 8am Table Tennis Club 10:30am Zumba Gold	

*****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.*****

Fitness Classes

“Resolution”ary BINGO
January 2nd-January 31st
FREE!

Stay true to your new year's resolutions at Oak Island Recreation Center in 2020! Pick up a bingo card, attend classes, and earn a chance to win prizes that will have you living your best beach life all year long. How many BINGO cards can you complete in January 2020!

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- 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*****
- Yoga For Balance -** W 4:15pm, Instructor: Emily Silverman, 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 2nd Friday of each month***
- Tai Chi-** W 10am, Instructors: Caroline Bailey, Fee: \$4- Town of Oak Island Residents, \$5-Non- Residents
- Evening Slow Flow Yoga-** T 5:30pm, Instructors: BrynnWaite, Fee: \$4- Town of Oak Island Residents, \$5-Non- Residents
- Qi Gong Workshop- Saturday, January 18th, 10am-1pm, Instructor: Caroline Bailey, Fees: TBA**
******Fitness Clubs Are FREE!******

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

