



July 2018 Fitness Calendar



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

IMPORTANT NOTICE: Classes can be cancelled with limited notice.

*** Stop by the front desk of OKI Recreation Center to be added to our fitness announcements email list.***

**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

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