



Fitness Calendar- March 2018



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

Oak Island Recreation Center 3003 E. Oak

Island Dr.

910-278-5518

Fitness Classes

Cardio & Strength Interval Training: WF 6:45am, Instructor: Yvonne Kaiser, Fee: \$3-Town of Oak Island Residents, \$4- Non-Residents

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: \$2- Town of Oak Island Residents, \$3-Non-Residents

Yoga Foundations- T, TH 5pm, Instructor: Micki Beach, Fee: \$6- Town of Oak Island Residents, \$8-Non-Residents

Yo-Chi - M 10:45am, Instructor: Micki Beach, Fee: \$6- Town of Oak Island Residents, \$8-Non-Residents

Flow Yoga- *Due to low attendance, Flow Yoga has been cancelled until further notice*

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 Brunswick

County Residents-- *\$6 per visit *\$25 per week * \$35 per month *\$375 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