

Fitness Calendar: March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:45am SS Circuit 9:30am SS Circuit 10:30am Zumba Gold 1pm SS Circuit	3 ALL CLASSES CANCELLED FOR ELECTIONS	4 9am Zumba Gold 4:15pm Yoga For Balance	5 7:45am Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 1pm SS Stability 6:30pm Strength & Conditioning	6 8am Table Tennis Club 10:30am Zumba Gold	7 9am Mature Aerobics Club 10:30 Meditation Club
8	9 8:45am SS Circuit 9:30am SS Circuit 10:30am Zumba Gold 1pm SS Circuit	10 7:45am Mature Aerobics 9:00am SS Stability 10am Tap 10:45am Sr. Yoga 5:30 Candlelight Slow Flow Yoga 6:30pm Strength & Conditioning	11 9am Zumba Gold 4:15pm Yoga For Balance	12 7:45am Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 1pm SS Stability 6:30pm Strength & Conditioning	13 8am Table Tennis Club 10:30am Zumba Gold	14 9am Mature Aerobics Club 10:30 Meditation Club
15	16 8:45am SS Circuit 9:30am SS Circuit 10:30am Zumba Gold 1pm SS Circuit	17 7:45am Mature Aerobics 9:00am SS Stability 10am Tap 10:45am Sr. Yoga 5:30 Candlelight Slow Flow Yoga 6:30pm Strength & Conditioning	18 9am Zumba Gold 4:15pm Yoga For Balance	19 7:45am Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 1pm SS Stability 6:30pm Strength & Conditioning	20 8am Table Tennis Club 10:30am Zumba Gold	21 9am Mature Aerobics Club 10:30 Meditation Club
22	23 8:45am SS Circuit 9:30am SS Circuit 10:30am Zumba Gold 1pm SS Circuit	24 7:45am Mature Aerobics 9:00am SS Stability 10am Tap 10:45am Sr. Yoga 5:30 Candlelight Slow Flow Yoga 6:30pm Strength & Conditioning	25 9am Zumba Gold 4:15pm Yoga For Balance	26 7:45am Mature Aerobics 9:00am Pilates 9:30am SS Circuit 10:45am Sr. Yoga 1pm SS Stability 6:30pm Strength & Conditioning	27 8am Table Tennis Club 10:30am Zumba Gold	28 9am Mature Aerobics Club 10:30 Meditation Club
29	30 8am MoveStrong 8:45am SS Circuit 9:30am SS Circuit 10:30am Zumba Gold 1pm SS Circuit	31 7:45am Mature Aerobics 9:00am SS Stability 10am Tap 10:45am Sr. Yoga 5:30 Candlelight Slow Flow Yoga 6:30pm Strength & Conditioning	9am Zumba Gold 4:15pm Yoga For Balance			

*****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 1st-May 1st, 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

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

MoveStrong- M 8am, Instructors: Jamie Worely, Fee: \$4- Town of Oak Island Residents, \$5-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 2nd 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!****

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