






Fitness Calendar November 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 6:45am Cardio/Strength Intervals	2 All Fitness Classes Cancelled For Arts By The Shore	3 All Fitness Classes Cancelled For Arts By The Shore	4 All Fitness Classes Cancelled For Arts By The Shore
5	6 9:30am SS Circuit 6pm Yoga CANCELLED FOR ELECTIONS	7 All Fitness Classes Cancelled For Elections	8 6:45am Cardio/Strength Intervals 4:30pm Restorative Yoga *pre-registration required*	9 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga 5pm Yoga Foundations 6:30pm Strength & Conditioning	10 Closed For Veterans Day 	11 9am Mature Aerobics
12	13 9:30am SS Circuit 6pm Yoga	14 7:45am Mature Aerobics 10:30am Tap Dance 10:45am Sr. Yoga 5pm Yoga Foundations 6:30pm Strength & Conditioning	15 6:45am Cardio/Strength Intervals 4:30pm Restorative Yoga *pre-registration required*	16 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga 5pm Yoga Foundations 6:30pm Strength & Conditioning	17 6:45am Cardio/Strength Intervals	18 9am Mature Aerobics
19	20 9:30am SS Circuit 6pm Yoga	21 7:45am Mature Aerobics 10:30am Tap Dance 10:45am Sr. Yoga 5pm Yoga Foundations 6:30pm Strength & Conditioning	22 6:45am Cardio/Strength Intervals 4:30pm Restorative Yoga *pre-registration required*	23 Closed For Thanksgiving 	24 Closed For Thanksgiving 	25 9am Mature Aerobics
26	27 9:30am SS Circuit 6pm Yoga	28 7:45am Mature Aerobics 10:30am Tap Dance Cancelled 10:45am Sr. Yoga 5pm Yoga Foundations 6:30pm Strength & Conditioning	29 6:45am Cardio/Strength Intervals 4:30pm Restorative Yoga *pre-registration required*	30 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga 5pm Yoga Foundations 6:30pm Strength & Conditioning		

Fitness Classes can change with little notice. To be first to know of any schedule changes or cancellations, simply stop by the front desk of the OKI Recreation to sign up for email announcements.

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

Yoga- M 6pm, Instructor: Mert Wray; Fee: \$4- Town of Oak Island Residents, \$5-Non-Residents

Restorative Yoga (4 week course with pre-registration required) - W 4:30pm, Instructor: Micki Beach; Fee: 40-Town of Oak Island Residents, \$48-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

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, 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

