







Fitness Calendar November 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 7:45am Mature Aerobics 9:30am SS Circuit Beginning 11am ALL PROGRAMS CANCELLED FOR Arts By The Shore	2 ALL PROGRAMS CANCELLED FOR Arts By The Shore	3 ALL PROGRAMS CANCELLED FOR Arts By The Shore
4	5 9:30am SS Circuit 10:30am Zumba Gold	6 Election Day All Classes Cancelled 	7 9am Zumba Gold	8 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga	9 8am Table Tennis	10 9am Mature Aerobics
11	12 Veterans Day Rec Center Closed 	13 7:45am Mature Aerobics 9:00am SS Circuit 10:30am Tap Dance 10:45am Sr. Yoga	14 9am Zumba Gold	15 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga	16 8am Table Tennis	17 9am Mature Aerobics
18	19 9:30am SS Circuit 10:30am Zumba Gold	20 7:45am Mature Aerobics 9:00am SS Circuit 10:30am Tap Dance 10:45am Sr. Yoga	21 9am Zumba Gold	22 Thanksgiving Rec Center Closed 	23 Thanksgiving Rec Center Closed 	24 9am Mature Aerobics
25	26 9:30am SS Circuit 10:30am Zumba Gold	27 7:45am Mature Aerobics 9:00am SS Circuit 10:30am Tap Dance 10:45am Sr. Yoga	28 9am Zumba Gold	29 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga	30 8am Table Tennis	

**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

Strength & Conditioning- T, TH *This course has been cancelled until further notice*

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

Tap Dancing- T, 10:30am, Instructor: Marty Chang, Fee: \$6Town of Oak Island Residents, \$8-Non-Residents

Gentle Yoga- MW Cancelled until further notice

Zumba Gold- M (10:30am) & W (9am), Instructor: Mary Ann Fox, Fee: \$2- Town of Oak Island Residents, \$3-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