



Fitness Calendar October 2018



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

**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 6:30pm, Instructor: Yvonne Kaiser, Fee: \$4- Town of Oak Island Residents, \$6- Non-Residents

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, *This course has been cancelled until further notice.*

Zumba Gold- MW 10:30am, 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