



# Fitness Calendar September 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 9am Mature Aerobics
2	3 <b>CLOSED FOR LABOR DAY</b>	4 7:45am Mature Aerobics 9:00am SS Circuit 10:30am Tap Dance 10:45am Sr. Yoga 6:30pm Strength & Conditioning	5	6 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	7 8am Table Tennis 1pm Scrabble	8 9am Mature Aerobics
9	10 9:30am SS Circuit	11 7:45am Mature Aerobics 9:00am SS Circuit 10:30am Tap Dance 10:45am Sr. Yoga 6:30pm Strength & Conditioning	12	13 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	14 8am Table Tennis 1pm Scrabble 6pm OKI Country Boys	15 9am Mature Aerobics
16	17 9:30am SS Circuit	18 7:45am Mature Aerobics 9:00am SS Circuit 10:30am Tap Dance 10:45am Sr. Yoga 6:30pm Strength & Conditioning	19	20 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	21 8am Table Tennis 1pm Scrabble	22 9am Mature Aerobics
23	24 9:30am SS Circuit	25 7:45am Mature Aerobics 9:00am SS Circuit 10:30am Tap Dance 10:45am Sr. Yoga 6:30pm Strength & Conditioning	26	27 7:45am Mature Aerobics 9:30am SS Circuit 10:45am Sr. Yoga 6:30pm Strength & Conditioning	28 8am Table Tennis 1pm Scrabble	29 9am Mature Aerobics
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**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

**Yo-Chi - M 10:45am- This course has been cancelled due to unforeseen circumstances.**

**Gentle Yoga-** MW 5pm, Instructor: Rachel Lange, Fee: \$5- Town of Oak Island Residents, \$6-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 (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

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