

OCEAN CITY AQUATIC & FITNESS CENTER WINTER CLASS SCHEDULE NOV. 16, 2015 - MARCH 6, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:00AM - 9:00PM 7:00 - 8:00AM Core/Pilates (Sharon) 8:00 - 9:00AM T B W (Linda) 9:00 - 10:00AM Step II/Interval (Aggie) 10:00 - 11:00AM Zumba (Aggie) 11:10 - 12:10PM Yoga (Hope) 12:20 - 1:20PM Tai Chi Ch’uan (Melissa) 4:30 - 5:30PM Martial Arts (Mike) (No Fee) 5:30 - 6:30 PM T B W (Jen) 7:15 - 8:30 PM Yoga (Natalie)	6:00AM - 9:00PM 6:45 - 7:45AM Tabata (Linda) 8:00 - 9:00AM Yoga (Nancy) 9:00 - 10:00AM Cardio Kick (Gina) 10:00 - 11:00AM Cardio Body Sculpt (Jackie) 11:10 - 12:10PM Barre (Gina) 12:15 - 1:15PM Smooth Moves (Nadine) 4:30 - 5:15PM Kids Fun Yoga 4 - 7yrs 5:15 - 6:00PM Yoga/Core Strength 8 - 15yrs (Melissa/Natalie) 6:00 - 7:10PM Pilates/Core (Sharon) 7:15 - 8:30PM Yoga (Sharon)	6:00AM - 9:00PM 8:00 - 9:00AM Zumba (Aggie) 9:00 - 10:00AM T B W (Erica) 10:00 - 11:00AM On the Ball (Hope) 11:10 - 12:10PM Yoga (Hope) 12:20 - 1:20PM Tai Chi Ch’uan (Melissa) 5:00 - 6:00PM Yoga II (Michelle) 6:30 - 7:30PM Bootcamp/Zumba (Rosemarie) 7:30 - 8:30PM Martial Arts Class (Mike) (FEE) <div>Circuit Classes Tues. & Thurs. 10AM Space is limited. Sign up at the front desk.</div>	6:00AM - 9:00PM 6:45 - 8:00AM Total Body Workout (Linda) 8:00 - 9:00AM Yoga (Georgia) 9:00 - 10:00AM Tabata (Lisa) 10:00 - 11:00AM Cardio Body Sculpt (Jackie) 11:10 - 12:10PM Yogalates (Debbie) 12:15 - 1:00PM Smooth Weights (Trish) 4:15 - 5:00PM K - 3rd Kids Fitness (Ryan) 5:00 - 6:00PM Tabata Style Circuit (Jen/Linda) 6:00 - 7:00PM Strength Training (Melissa) 7:15 - 8:30PM Yoga (Natalie/Nancy)
FRIDAY	SATURDAY	SUNDAY	Holidays & Events
6:00AM - 9:00PM 8:00 - 9:00AM Strength Training (Linda) 9:00 - 10:00AM H I I T (Gina) 10:00 - 11:10AM Cardio Body Sculpting (Hope) 11:10 - 12:15PM Yoga (Jackie) 12:30 - 1:30PM Beginner/Chair Yoga (Lisa D)	7:00AM - 6:00PM 7:00 - 8:00AM HIIT/Insanity (Erica) Until 2016 8:00 - 9:10AM Zumba Sculpt (Aggie) 8:00 - 9:00AM Barre/SS (Jen) No fee for winter 9:15 - 10:30AM Yoga II (Michelle) 11:15 - 12:15PM Tai Chi Ch’uan (Melissa)	9:00AM - 6:00PM <u>Sunday Special Yoga</u> - 9:00 - 10:30am \$3 members/\$12 non members Sunday Cycle - 9:30 - 10:30am Every Sunday! Regular Cycle Fees <div>WEIGHT ROOM INFORMATION Open during “Center’s Hours” PERSONAL TRAINING AVAILABLE - By appt.</div>	<p>Holiday Schedule Thanksgiving Schedule: Wed, 11/25th Regular Hours. AM classes & 5PM Yoga Thursday, 11/26 Closed Friday, 11/27 Regular Schedule</p> <p>Set your goal! OC Fitness Week - Nov 16th - Nov 22nd Try the Contact Cape Tri/Du Challenge 1/18 - 2/15/16 The Ocean City Triathlon/Duathlon - 5/15/16</p>

Be Healthy! Be Active!

CLASS DESCRIPTIONS

H I I T: High Intensity Interval Training
T B W: Total Body Workout
Tabata: Set Timed Intervals & Rest for a variety of Exercises.
Body Sculpting: This portion of class is stationary muscle conditioning utilizing hand weights and/or xertubes for added resistance.
Strength Training: Full body workout with dumbbells.
Kickboxing: Hi Cardio with incorporated kickboxing moves.
Cardio Kick: Hi Cardio with incorporated kickboxing moves.
Step II: This class is for those that have mastered Step I.
Zumba: High energy dance class with a Latin flair
Insanity: is MAX interval training using explosive cardio and plyo drills and nonstop intervals of cardio strength and power for the ultimate conditioning program.

Pilates/Core: Work Core Strength. **Barre:** Many moves are based on classic Ballet positions.
Smooth Moves: Exercise for those with limited mobility.
Light Weights: Intro to strength class starting with basic dumbbell exercises and balance work.
Martial Arts: Learn the many techniques of self defense.
Tai Chi Ch’uan: Martial Arts Stretching.
Yoga: This class is designed to build strength and stamina doing a variety of different postures. Then unwind during a period of relaxation.
TO PARTICIPATE IN A YOGA & KIDS CLASSES YOUR NAME MUST BE TAKEN AT THE FRONT DESK BEFORE CLASS.
Kids Fun Yoga: Practice yoga while having fun and working out.
K - 3rd Gr. Kids Fitness: Get energy moving in a fun fitness setting!

1735 Simpson Ave. Ocean City, NJ

Aquatic & Fitness Center

Visit us at www.OCNJ.US

609 398-6900

Check out Surfset & Indoor Cycling Classes!

SURFSET FITNESS

