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

MONDAY

5:00AM - 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)

TUESDAY

5:00AM - 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)

WEDNESDAY

5:00AM - 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)

Circuit Classes Tues. & Thurs. 10AM
Space is limited. Sign up at the front desk.

THURSDAY

5:00AM - 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

5:00AM - 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)

SATURDAY

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)

SUNDAY

9:00AM - 6:00PM

Sunday Special Yoga - 9:00 - 10:30am
$3 members/$12 non members
Sunday Cycle - 9:30 - 10:30am
Every Sunday! Regular Cycle Fees

WEIGHT ROOM INFORMATION
Open during "Center's Hours"
PERSONAL TRAINING AVAILABLE - By appt.

Holidays & Events

Holiday Schedule

Thurs, 12/24 Center Closes 1:00PM
Regular Group Ex & Cycle schedule until 1:00PM
NO Pool Class
Friday, 12/25 CLOSED
Saturday, 12/26 Regular Schedule
Thurs, 12/31 Center Closes 3:00PM
Regular Group Ex & Cycle Schedule until 3:00 PM
No Pool Class
Friday, 1/1/16 CLOSED

Set your goal!
Try the Contact Cape Tri/Du Challenge 1/18 - 2/15/16
The Ocean City Triathlon/Duathlon - 5/15/16

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