

OCEAN CITY AQUATIC & FITNESS CENTER **SPRING CLASS SCHEDULE** MARCH 7 - JUNE 19, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
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)	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 8-16years (Melissa/Natalie) 6:00 - 7:10PM Pilates / Core (Sharon) 7:15 - 8:30PM Yoga (Sharon)	5:00AM - 9:00PM 6:00 - 6:45AM Functional Training (Chrissy) 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 (Mike) (Fee) <div style="border: 1px solid black; padding: 2px; margin-top: 10px;"> Tues. & Thurs. 10:15 CIRCUIT CLASS Space is limited. Sign up at the front desk. </div>	5:00AM - 9:00PM 7:00 - 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 - 1:15PM Smooth Weights (Trish) 4:15 - 5:00PM K - 3rd Kids Fitness (Bonnie/Ryan) 5:00 - 6:00PM Tabata Style Circuit (Jen/Linda) 6:00 - 7:10PM Strength Training (Melissa) 7:15 - 8:30PM Yoga (Natalie/Nancy)
FRIDAY	SATURDAY	SUNDAY	Holidays & Events
5:00AM - 9:00PM 8:00 - 9:00AM Strength Training (Linda) 9:00 - 10:00AM Instructors Choice/H I I T (Gina) 10:00 - 11:10AM Cardio Body Sculpting (Hope) 11:10 - 12:15PM Yoga (Jackie) 12:30 - 1:30PM Chair Yoga (Lisa D)	7:00AM - 6:00PM 8:00 - 9:10AM Zumba Sculpt (Aggie) 8:00 - 9:00AM Barre/SS (Jen) No fee for Spring 9:15 - 10:30AM Yoga II (Michelle) 11:15 - 12:15PM Tai Chi Ch'uan (Melissa)	9:00AM - 6:00PM Every Sunday! Sunday Special Yoga - 9:00 - 10:30 AM \$3 members/\$12 non members Sunday Cycle - 9:30 - 10:30 Regular Cycle Fees	March 27th - Easter CLOSED May 15th - OCNJ Triathlon/Duathlon May 30th - Memorial Day - 5AM - 9PM Regular AM Class schedule - No PM Classes
Be Healthy! Be		Active!	

CLASS DESCRIPTIONS

H I I T: High Intensity Interval Training

T B W: Total Body Workout

Tabata: Intense short intervals of cardio and strength

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

Functional Traing: Dynamic Movements for cardio endurance.

Kickboxing: 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

Pilates/Core: Work Core Strength.

Smooth Moves - Exercise for those with limited mobility.

Smooth Weights: Intro to strength class starting with basic dumbbell exercises and balance work. Can be done with or without weights.

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 CLASS 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



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Indoor Cycling

