SURFSET FITNESS BARRE

Summer 2016

Begins June 20th

1735 Simpson Ave. Ocean City, NJ

Visit us at www.OCNJ.US
Go to Aquatic & Fitness

(609) 398-6900

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				8AM - 9AM Barre Art Center Lisa	8AM - 9AM Barre Art Center Jen	
9:30 - 10:30 AM Circuit/Bootcamp w/ Surfset stations Erica OUTSIDE (weather permitting)						

SURFSET FITNESS & BARRE

Sign-Up: MEMBERS WILL BE ABLE TO CALL AND RESERVE BOARDS or Barre Space
Reservation will be accepted starting @1PM the day before scheduled class. Please call or stop at desk in person.
Non-members may call 5PM the day before the class for a reservation (609) 398-6900.

1. PLEASE TRY TO ARRIVE 10 MINUTES EARLY FOR SCHEDULED CLASS Allow time to check in at front desk. You will be issued a ticket to class. Please give the ticket to the instructor
2. Allow time to get your board set up. YOUR INSTRUCTOR WILL BE HAPPY TO ASSIST WITH YOUR SET UP
3. BRING WATER AND A TOWEL - you will sweat in Surfset class, dress appropriately, and hydrate, hydrate, hydrate! Bring your yoga mat!

*IF YOU RESERVE A CLASS PLEASE SHOW UP! To not be penalized please call 2 hours prior to class start to cancel. 3 no-shows will result in class charge. Board will be forfeited if you are not **in class when scheduled class starts**.*

Class and Discounted Package Rates:
Members - 1 class $10, 6 classes $40, 12 class $60 packages do not expire, are for any class time & non transferable
Non-members - 1 class $15, 6 classes $72, 12 classes $100
Annual Package for Members—$175 year or $25 monthly (unlimited).

Regular Surfset & Barre Fees: Are the same as cycle fees. Interchange your classes! All packages may be used for Surfset, Barre or Cycle classes.