

OCEAN CITY AQUATIC & FITNESS CENTER **SPRING CLASS SCHEDULE** MARCH 6 - JUNE 18, 2017

| 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 Resorative 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/TBA) 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 H I I T (Gina) 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 H I I T (Gina) 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 6:45 - 7:45AM 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 (Rachel) 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 6:00 - 6:45AM Functional Training (Chrissy) 8:00 - 9:00AM Strength Training (Linda) 9:00 - 10:00AM T B W (Erica) 10:00 - 11:10AM High Vibes Low Impact (Hope) 11:10 - 12:15PM Yoga (Jackie) 12:20 - 1:20PM Chair Yoga (TBA) | 7:00AM - 6:00PM 8:00 - 9:15AM Zumba Sculpt (Aggie) 8:00 - 9:00AM Barre/SS (Jen) Must sign-up prior 9:15 - 10:30AM Yoga II (Michelle) 10:30 - 11:30AM Functional Training (cycle room) 12:00 - 1:00PM 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 | April 16th - Easter CLOSED May 21st- OCNJ Triathlon/Duathlon May 29th - Memorial Day 5AM - 4PM 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: 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.

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

Functional Training: Dynamic Movements for cardio endurance 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



Visit us at www.OCNJ.US

Go to Aquatic & Fitness

609 398-6900



Indoor Cycling

