

# OCEAN CITY AQUATIC & FITNESS CENTER SUMMER CLASS SCHEDULE June 20 - Sept 4, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>5:00AM - 9:00PM Center Open</b> 6:00 - 6:45AM Functional Training (Chrissy) 6:45 - 7:45AM POP Pilates (Ashley) *8:00 - 9:00 AM Beach Exercise - Yoga (Georgia) 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 Restorative 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)	<b>5:00AM - 9:00PM Center Open</b> 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 Core/Barre (Gina) 12:15 - 1:15PM Smooth Moves (Nadine) 4:30 - 5:15PM Kids Fun Yoga 4 - 7 years (Melissa/Natalie) 5:15 - 6:00PM Intermediate Yoga 8 - 15 years 6:00 - 7:10PM Pilates / Core (Sharon) 7:15 - 8:30PM Yoga (Sharon)	<b>5:00AM - 9:00PM Center Open</b> 6:00 - 6:45AM Functional Training (Chrissy) *8:00 - 9:00 AM Beach Exercise - Pilates (Barb) 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 (Michelle) 6:30 - 7:30PM H I I T (Ashley/Rachel) 7:30 - 8:30PM Martial Arts Class (Mike) (No Fee)	<b>5:00AM - 9:00PM Center Open</b> 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 - 1:00PM Smooth Weights (Trish) 4:15 - 5:00PM K - 3rd Kids Fitness (Bonnie) 5:00 - 6:00PM Tabata (Jen/Linda) 6:00 - 7:00PM Strength Training (Melissa) 7:15 - 8:30PM Yoga (Natalie/Nancy)
FRIDAY	SATURDAY	SUNDAY	Holiday Class / Upcoming Events
<b>5:00AM - 9:00PM Center Open</b> 6:00 - 6:45 AM Functional Training (Chrissy) *8:00 - 9:00AM Beach Ex - Low Impact (Ashley) 8:00 - 9:00AM Strength Training (Linda) 9:00 - 10:00AM T B W (Erica) 10:00 - 11:00AM Cardio Body Sculpting (Hope) 11:10 - 12:15PM Yoga (Jackie) 12:20 - 1:20PM Beginner/Chair Yoga (TBA)	<b>7:00AM - 6:00PM Center Open</b> 7:00 - 8:00 AM Yoga (Nancy) 8:00 - 9:15AM Zumba Sculpt (Aggie) 9:15 - 10:30AM H I I T /Strength (Erica) 9:00 - 10:15 AM Yoga (Michelle) (Senior Center) 12:00 - 1:00PM Tai Chi Ch'uan (Melissa) Circuit Classes Tuesdays 9:30am (weather permitting), Thursdays 10AM. Space is limited. Sign up at the front desk.	<b>9:00AM - 6:00PM Center Open</b> <b>Sunday Special Yoga</b> 9:00 - 10:30am \$3 members/\$12 non members <b>Sunday Cycle</b> Regular Cycle Fees *Beach Exercise - Begins 6/26 - 6th St. Beach Check out Summer Cycle, Surfset/Barre Schedule Including Sundays - Regular Class fees	July 4th - Center closes 5PM. Regular AM schedule July 22nd - Center Closes 4PM. Night In Venice September 4th - Labor Day Center Closes 4PM Regular Classes until 4PM September 4th - OCNJ Labor Day Race - 5m & 1m September 24th - OCNJ Half Marathon, 5K & 10 mile Take a class to ride the fitness WAVE!!

## CLASS DESCRIPTIONS:

Bring a towel & a friend! Mon. Yoga, Wed. Pilates & Fri. Low Impact

**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 some 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.

**Barre:** many of the moves are based on classic ballet positions.

**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. (Fee)

**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.



Check out  
Surf Set &  
Indoor Cycling too!!

