

OCEAN CITY AQUATIC & FITNESS CENTER WINTER CLASS SCHEDULE NOV. 5, 2018 - MARCH 4, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>5:00AM - 9:00PM Center Open</p> <p>7:00 - 8:00AM Barre (Gina) 8:00 - 9:00AM T B W (Linda) 9:00 - 10:00AM Step/Interval (Aggie) 10:00 - 11:00AM Zumba (Aggie) 11:10 - 12:10PM Restorative Yoga (Hope)<small>(Chair Option)</small> 12:20 - 1:20PM Tai Chi Ch'uan (Melissa) 4:30 - 5:30PM Martial Arts (Mike) 5:30 - 6:30 PM T B W (Jen) 7:15 - 8:30 PM Yoga (Natalie)</p>	<p>5:00AM - 9:00PM Center Open</p> <p>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 Pilates/Barre (Gina) 12:15 - 1:15PM Smooth Moves (Nadine) 4:30 - 5:15PM Kids Fun Yoga 4 - 7yrs (Melissa/Natalie) 5:15 - 6:00PM Intermediate Yoga 8 - 15yrs 6:00 - 7:10PM Pilates/Core (Sharon) 7:15 - 8:30PM Yoga (Sharon)</p>	<p>5:00AM - 9:00PM Center Open</p> <p>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 Resorative 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 (Erica) 7:30 - 8:30PM Martial Arts Class (Mike)</p> <div style="border: 1px solid red; padding: 5px; margin-top: 10px;"> <p>Circuit Classes Tues. & Thurs. 10:15AM (Trish) Space is limited. Sign up at the front desk.</p> </div>	<p>5:00AM - 9:00PM Center Open</p> <p>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 (Donna) 5:00 - 6:00PM Tabata (Jen/Linda) 6:00 - 7:00PM Strength Training (Melissa) 7:15 - 8:30PM Yoga (Natalie/Nancy)</p>
FRIDAY	SATURDAY	SUNDAY	Holidays & Events
<p>5:00AM - 9:00PM Center Open</p> <p>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 Low Impact/Stretch (Hope) 11:10 - 12:15PM Yoga (Debbie) 12:20 - 1:20PM Beginner/Chair Yoga (Hope/Gina)</p>	<p>7:00AM - 6:00PM Center Open</p> <p>8:00 - 9:15AM Zumba Sculpt (Aggie) 8AM - 9AM Barre - Must call day ahead after 1PM to re-serve a spot ((Jen) (Arts Center)) 9:15 - 10:30AM Yoga II (Michelle) 12:00 - 1:00PM Tai Chi Ch'uan (Melissa)</p>	<p>9:00AM - 6:00PM Center Open</p> <p>Sunday Special Yoga - 9:00 - 10:30am \$3 members/\$12 non members Sunday Cycle - 9:30 - 10:30am Every Sunday! Regular Cycle Fees Sunday Stretch - 10:40am - 11:10am (no fee)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>WEIGHT ROOM INFORMATION Open during "Center's Hours" PERSONAL TRAINING AVAILABLE - By appt.</p> </div>	<p><i>Wednesday, Nov 21 - Regular Schedule</i> <i>Thursday, Nov 22 - Closed</i> <i>Friday, Nov 23 - Close 6PM - Regular AM Class schedule</i></p> <p>Christmas & New Year's Hours: TBA</p> <p style="text-align: center;">Rock your workouts! Health, Wealth and Happiness!!</p>
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 /Interval:** Step training with intervals of weights
- Zumba:** High energy dance class with a Latin flair
- Functional Training:** Dynamic Movements for cardio endurance

- Pilates/Core:** Work Core Strength.
 - Barre:** Fusion of Ballet, Yoga & Pilates positions.
 - Smooth Moves:** Exercise for those with limited mobility.
 - Smooth Weights:** Intro to strength class starting with basic dumbbell exercises and balance work.
 - Martial Arts:** Learn the many techniques of self defense. (No 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.

1735 Simpson Ave. Ocean City, NJ



Visit us at www.OCNJ.US

Check out Indoor Cycling Classes!



609 398-6900