

OCEAN CITY AQUATIC & FITNESS CENTER **FALL CLASS SCHEDULE** SEPT. 14th – OCT. 31st 2020



Location: Tennis Courts at 18th St
All Classes are 45 minutes Weather Permitting
Sign up for the each week begins Sunday after 9am
and closes 1 hour prior to class
CHECK IN AT THE TENNIS SHED



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:15AM Zumba Toning (Joanne) 10:00AM Tabata (Brielle) 11:00AM ~ Water Class ~ (Bonnie) 1:00 PM ~ Water Class ~ (Bonnie) 5:30PM Total Body Workout (Jen)	8:15 AM HIIT (Gina) 10:00AM Yoga (Gina) 11:00AM ~ Water Class ~ (Nadine) 1:00pPM ~ Water Class ~ (Jenny) 5:30PM Pilates (Brielle)	8:15AM Zumba (Aggie) 10:00AM Total Body Workout (Erica) 11:00AM ~ Water Class ~ (Lisa) 1:00 PM ~ Water Class ~ (Mary) 5:30PM Fusion (Lisa)	8:15AM Functional Training (Chrissy) 10:00AM Yogalates (Christine) 11:00AM ~ Water Class ~ (Mary) 1:00 PM ~ Water Class ~ (Brielle) 5:30PM Strength w/ Weights (Brielle)
FRIDAY	SATURDAY	SUNDAY	SPECIAL EVENTS
8:15AM Total Body Workout (Gina) 10:00AM Barre (Lisa) 11:00AM ~ Water Class ~ (Lisa) 1:00PM ~ Water Class ~ (Brielle)	9:00AM Fusion 15 (TBA) 11:00AM ~ Water Class ~ (Bonnie)	11:00AM ~ Water Class ~ (Debbie)	TBA Indoor classes will be held @ the Music Pier

CLASS DESCRIPTIONS

Barre: A fusion of ballet, yoga & pilates positions.
Body Sculpting: This portion of class is stationary muscle conditioning utilizing hand weights.
Functional Training: Dynamic movements for cardio endurance.
Fusion: 15 min. cardio 15 min. sculpt and 15 min. stretch
H I I T: High Intensity Interval training
Pilates/Core: Work core strength.

T B W: Total body workout
Tabata: Set timed Intervals & rest for a variety of exercises.
Yogalates: A fusion of yoga and pilates moves to lengthen and strengthen the entire body
Zumba: High energy dance class with a Latin flair

Members need to bring:
Mask, Mat, Towel and Water



1735 Simpson Ave. Ocean City, NJ
Visit us at www.OCNJ.US
609-398-6900