OC HEALTHY LIVING ADVISORY COUNCIL FITNESS WEEK-NOVEMBER 16-22, 2015

	NOVEMBER	16-22, 2015	
MONDAY, NOVEMBER 16	TUESDAY, NOVEMBER 17	WEDNESDAY, NOVEMBER 18	THURSDAY, NOVEMBER 19
7:00am Indoor Cycling - OC Aquatic & Fitness Center 7:00am Core/Pilates - OC Aquatic & Fitness Center 8:00am T B W - OC Aquatic & Fitness Center Center 8:30am Horizontal Conditioning - Local Studio 9:00am Step II/Interval OC Aquatic & Fitness Center 9:30am Vinyasa - Golden Buddha 9:30am Bootiful Booty - Local Studio 9:30am Warm Vinyasa Flow - Yoga Ginger 9:30am Indoor Cycling - OC Aquatic & Fitness Center 9:30am Surfset circuit - OC Aquatic & Fitness Center 9:30am SHRED Cardio Training Exodus Sport 10:00am Zumba - OC Aquatic & Fitness Center 11:10am Yoga - OC Aquatic & Fitness Center 12:20pm Tai Chi Ch'uan - OC Aquatic & Fitness Center 12:20pm Tai Chi Ch'uan - OC Aquatic & Fitness Center 13:30pm Martial Arts - OC Aquatic & Fitness Center 15:30pm Hatha - Golden Buddha 15:30pm T B W - OC Aquatic & Fitness Center 16:00pm RealRyder - Local Studio 16:00pm Indoor Cycling - OC Aquatic & Fitness Center 16:00pm Squash - Greate Bay Racquet & Fitness 16:30pm Meditation & Mindfulness - OC Library Rm.116 17:15pm Yoga - OC Aquatic & Fitness Center 17:30pm Yoga Basics - Golden Buddha	5:45am Indoor Cycling - OC Aquatic & Fitness Center 6:00am Rise + Shine - Golden Buddha 6:45am Tabata - OC Aquatic & Fitness Center 8:00am Indoor Cycling - OC Aquatic & Fitness Center 8:00am Yoga - OC Aquatic & Fitness Center 8:30am RealRyder Hit it Hard Upper Local Studio 9:00am Cardio Kick - OC Aquatic & Fitness Center 9:00am Zumba - OC Arts Center 9:30am Vinyasa - Golden Buddha 10:00am Cardio Body Sculpt - OC Aquatic & Fitness Center 10:30am Senior Fitness - OC Aquatic & Fitness Center 10:30am Senior Fitness - Shores of Wesley Manor 11:10am Pilates/Barre - OC Aquatic & Fitness Center 1:00pm Healthy Hands for Arthritis-Shores of Wesley Mn 4:15pm Flow + Go - Golden Buddha 4:30pm Kids Fun Yoga 4-7 yrs - OC Aquatic & Fitness 5:00pm Kids/Teen Performance Training Class - 10-18yrs Exodus Sport And Fitness 5:15pm Intermediate Yoga 8-15yrs - OC Aquatic & Fitness 5:30pm Vinyasa - Golden Buddha 5:30pm Indoor Cycling - OC Aquatic & Fitness Center 6:00pm Hot Vinyasa Flow - Yoga Ginger 6:00pm Piloxing - Local Studio 6:00pm Family Fun with Queen of Lean - OC Library 7:15pm Yoga - OC Aquatic & Fitness Center 7:30pm Yoga Nidra - Golden Buddha	6:00am Indoor Cycling - OC Aquatic & Fitness Center 8:00am Zumba - OC Aquatic & Fitness Center 8:30am Step to the Barre - Local Studio 9:00am T B W - OC Aquatic & Fitness Center 9:00am Zumba - OC Arts Center 9:30am Indoor Cycling - OC Aquatic & Fitness Center 9:30am Hatha - Golden Buddha 10:00am On the Ball - OC Aquatic & Fitness Center 10:30am Senior Fitness - Shores of Wesley Manor 11:10am Yoga - OC Aquatic & Fitness Center 12:20pm Tai Chi Ch'uan - OC Aquatic & Fitness Center 4:15pm Flow + Go - Golden Buddha 5:00pm Yoga II - OC Aquatic & Fitness Center 5:30pm Tai Chi/Qi Gong - Golden Buddha 6:00pm Indoor Cycling - OC Aquatic & Fitness Center 6:00pm TRX & Kettlebells - Local Studio 6:00pm Squash - Greate Bay Racquet & Fitness 6:30pm Boot Camp/Zumba - OC Aquatic & Fitness Center 6:30pm Cancer Prevention Seminar - Library N110 7:00pm Line Dancing Class - Senior Center 7:30pm Yin - Golden Buddha 7:30pm Martial Arts Class - OC Aquatic & Fitness Center	5:45am Indoor Cycling - OC Aquatic & Fitness Center 6:00am Rise + Shine - Golden Buddha 6:45am Total Body Workout - OC Aquatic & Fitness 8:00am Indoor Cycling - OC Aquatic & Fitness Center 8:00am Yoga - OC Aquatic & Fitness Center 8:30am RealRyder Hiit it Hard Lower - Local Studio 9:00am Tabata - OC Aquatic & Fitness Center 9:30am Vinyasa - Golden Buddha 10:00am Cardio Body Sculpt - OC Aquatic & Fitness Center 10:30am Senior Fitness - OC Aquatic & Fitness Center 10:30am Senior Fitness - Shores of Wesley Manor 11:10am Yogalates - OC Aquatic & Fitness Center 12:15pm Smooth Weights - OC Aquatic & Fitness Center 1:00pm Balance Class - Shores of Wesley Manor 3:45pm Flow + Go - Golden Buddha 4:15pm K-3rd Kids Fitness - OC Aquatic & Fitness Center 5:00pm Tabata - OC Aquatic & Fitness Center 5:30pm Flow - Golden Buddha 5:30pm Indoor Cycling - OC Aquatic & Fitness Center 6:00pm Strength Training - OC Aquatic & Fitness Center 6:00pm Yoga (ClassTBA) - Yoga Ginger 7:15pm Yoga - OC Aquatic & Fitness Center 7:30pm Yoga Basics - Golden Buddha
FRIDAY, NOVEMBER, 20	SATURDAY, NOVEMBER 21	SUNDAY, NOVEMBER 22	SPECIAL EVENTS
6:30am Indoor Cycling - OC Aquatic & Fitness Center 8:00am Strength Training - OC Aquatic & Fitness Center 8:30am RealRyder - Local Studio 9:00am HIIT - OC Aquatic & Fitness Center 9:00am MAXIMIZE Adult Athletic Training - Exodus Sport 9:30am Indoor Cycling - OC Aquatic & Fitness Center 9:30am TRX Tabata Boot Camp - Local Studio 9:30am Workshop Vinyasa Golden Buddha 9:30am Heart, Hips & Hamstrings - Yoga Ginger 10:00am Cardio Body Sculpting - OC Aquatic & Fitness 10:30am Senior Fitness - Shores of Wesley Manor 11:10am Yoga - OC Aquatic & Fitness Center 12:30pm Beginner/Chair Yoga - OC Aquatic & Fitness 2:00pm Healthy Eating Seminar-Shores of Wesley Manor 3:30pm Squash - Greate Bay Racquet & Fitness 5:00pm Pickleball - OC Civic Center 6:00pm Kickball - 21+years - Baseball Field - 6th & Bay	7:00am Indoor Cycling - OC Aquatic & Fitness Center 8:00am Vinyasa - Golden Buddha 8:00am Surfset/Barre - OC Aquatic & Fitness Center 8:00am Tennis Drill Workout Greate Bay Racquet Fitness 8:30am Burn at the Barre - Local Studio 9:00am Hot Vinyasa Flow - Yoga Ginger 9:40am Piloxing - Local Studio 10:00am Slow Flow - Golden Buddha 7:00am HIIT/Insanity - OC Aquatic & Fitness Center 8:00am Zumba Sculpt - OC Aquatic & Fitness Center 9:15am Yoga II - OC Aquatic & Fitness Center 11:00am Family Fitness w/Carrie Merritt - Senior Center 11:15am Tai Chi Ch'uan - OC Aquatic & Fitness Center	7:30am Yoga Run Yoga - Yoga Ginger 8:00am Vinyasa - Golden Buddha 8:30am RealRyder/ Yin & Yang - Local Studio 9:00am Fluidity - Yoga Ginger 9:00am Yoga - OC Aquatic & Fitness Center 9:30am Indoor Cycling - OC Aquatic & Fitness Center 9:30am Sunday Cycle - OC Aquatic & Fitness Center 10:00am Holiday Cooking Demo - OC Library 1:00pm Holiday Cooking Demo - OC Library Visit www.ocnj.us/recreation for information, locations & to purchase tickets. Tickets also available at Aquatic & Fitness Center - \$20 for Any 5 Workouts or Seminars.	Nov. 16@6:30pm – Meditation and Mindfulness - OC Library Room 116 FREE No Ticket Needed. Nov. 17@6:30pm Families/Children 4-12 – OC Library The "Queen of Lean" encourages children to make healthy choices for snacks & drinks FREE No Ticket Needed. Nov. 18@6:30 pm—Cancer Prevention Seminar—OC Library Room N110 FREE No Ticket Needed. Nov. 20@2pm-Healthy Eating for the Holidays-Shores of Wesley Manor FREE No Ticket Needed. Nov. 20 @5:00pm — Pickleball — Civic Center-Come Learn to play — equipment provided! Nov. 20@6:00pm — Kickball-6 th & Bay Avenue — over 21 Nov 21@11am—Family Fitness w/Carrie Merritt-Senior Ctr Nov. 22@10:00am & 1:00pm - Holiday Cooking Demo- Senior Center FREE No Ticket Needed.



SPONSORS AND LOCATIONS

FOR MORE INFORMATION AND TO PURCHASE TICKETS, PLEASE VISIT

www.ocnj.us/recreation— Click Register now! Community Pass Registration

Tickets \$20 for 5 sessions



Cailin Calahan 609-338-8125 or cailin@goldenbuddhayoga.com to reserve your spot Visit website for more information on the classes



Suzanne Chew (609) 231-7915 info@yogaginger.com Call Yoga Ginger to Reserve your Spot! Classes may change or be added please look at the website for updates



Sign-Up: CALL AND RESERVE BIKES



www.greatebayracquetandfitness.com/

90 Mays Landing Rd, Somers Point, NJ (609) 926-9550



1735 Simpson 399-7628



http://localfitsj.com/ 900 Asbury Avenue, Unit B 609-938-0024



1735 Simpson Avenue - www.OCNJ.US or 609-398-6900

Reservation will be accepted starting @12 noon the day

before scheduled class. Please call or stop at desk in person.

623 Bay Avenue 609-399-0596 www.exoduswellness.com







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