



# GIRLS WEEKEND

ocean city • nj  
downtown asbury ave.

**SATURDAY & SUNDAY • APRIL 9TH & 10TH**

## schedule of events

### Wellness

Vinyasa Yoga, Sat., 9 am, \$12

#### YOGA GINGER

717 Asbury Avenue • [www.yogaginger.com](http://www.yogaginger.com)

Piloxing, Sat., 9:40 am, \$10

#### LOCAL STUDIO WORKOUT

900 Asbury Avenue unit B

Cardio boxing class integrated with standing  
Pilates work-50 minutes  
[www.localfitsj.com](http://www.localfitsj.com) • (609) 938-0024

BOGO Yoga classes

#### GOLDEN BUDDHA

Buy One Get One\* Free Saturday 9:30 am.  
Essential Oil Party 11 am to 4 pm. BOGO\* free  
Sunday 10 am if you come with your girlfriend  
854 Asbury Avenue • 60 minutes

Burn at the barre', Sat., 11 am, \$10

#### LOCAL STUDIO WORKOUT

900 Asbury Ave unit B

This class will work every muscle in your body  
tone, sculpt, and lengthen on and off  
the barre' come feel the burn.  
[www.localfitsj.com](http://www.localfitsj.com) • (609) 938-0024

Yin/Yang, Sun., 10 am

#### LOCAL STUDIO WORKOUT

900 Asbury Ave unit B

This class is like no other, 30 min of high  
intensity intervals on our Realryder indoor  
cycles followed by 30 min of core and stretch.  
Space is limited so reserve early

### Crafts

"Crochet Flowers?-Yes You Can!"

Sat., 9, 10 & 11 am, \$10

#### JERSEY VINTAGE

1100 Asbury Avenue

40-50 minutes, choose from several  
patterns and learn a simple crochet piece!  
Seating is limited. All items marked with  
a pink heart in store are 50% off!!!

See Beading Demo Sat. 1-5pm

Earring Making Demo Sun. 1-3pm

#### POTOMAC BEAD

944 Asbury Avenue • 609-399-4400  
45 minutes

Wine glass painting,

Sat., 10 am-5 pm, \$8

#### BUTTERFLY BOUTIQUE

Shadow Box, 3:30, Sat. & Sun., \$10

#### SHORE HOME OUTLET

1050 Asbury Avenue

Using Power tools create a Nautical themed  
Shadow Box. Limited seating, text or  
call to register, 609-439-6160

Painting Class, Sat., 5 pm, \$15,

#### GLAZED OVER STUDIOS

First come first serve. 8x8 Spring Flowers  
704 asbury avenue • 609-398-8880

### Demos

Are you as SMART as your SMART TV?

10 am & 2 pm

#### GLEESON'S

Join us for a demo..enjoy some refreshments  
while you learn about your Smart TV.  
30 minutes-1048 Asbury Avenue

Soap Making Demonstration

Sat. 11 am-4 pm, Sun. 11 am - 2 pm

Demonstrations will take place at Potomac Bead  
944 Asbury Ave

#### ARTISAN BODY PRODUCTS

918 Asbury Avenue • (609) 398-5661  
30 minutes

How to accessorize with  
Alex & Ani Jewelry, 11 am

#### ISLAND GYSPY

30 minutes-760 Asbury Avenue

Wood and light, the art  
of handmade lighting, noon

#### HANDLAGET (handmade)

See how to create rustic lighting on natural wood  
pieces. 30 minutes. Corner of 8th and Central.

Meet Pro surfer Maddie Peterson, 1pm

#### SEVENTH STREET SURF SHOP

Girl's Paddleboard Outing:  
Paddle Like a Girl, Sun., 9 am

#### HARBOR OUTFITTERS

609.938.0175 • 625 Asbury Avenue  
Tennessee Avenue paddle out meeting location