

Aquatic and Fitness Center Open House

1735 Simpson Ave., Ocean City

Sunday, November 27 and Monday, November 28

“Stuffed with Turkey?”

Join us at the Aquatic and Fitness Center to help you get through the holidays by exercising to reduce stress and making the right choices during the month of parties and social engagements.

We want you to visit us and take an exercise class or join in a seminar. We are offering *FREE* activities to keep you smiling through December and move into the New Year with confidence!

Water Exercise and Group Exercise classes will be available at no charge to non-members. If our AFC member brings a guest, they will receive a door prize (First 100).

Open house schedule:

Sunday, November 27th:

9-10:30am Special yoga with Michelle

9:30-10:30am Spin Class with Rachel, beginners should come early for assistance. **Please call to reserve a spot after Saturday, Nov. 26 at noon, 398-6900.**

_Gina Rollins, 1:00-2:00pm. Workshop *I can't believe I ate the whole thing* in the Senior Center

1. Learn about proper digestion and how it is essential to health
2. How improper digestion may lead to toxicity
3. Guidelines for a healthy appetite and strong digestive fire

Monday, November 28th

7-8:00am Core/Pilates/Barre with Sharon

4:30-5:30pm Martial Arts with Mike (open to 8 years & up)

8_9am Total Body Workout with Linda

5:30-6:30pm Total body Workout with Jen

11-11:45 am Water Exercise

7:15-8:30pm Yoga with Natalie

11:10—12:10 Yoga with Hope

12:20—1:20pm Tai Chi Ch'uan with Melissa and Special Guest [MARK SOIFER!](#)

Georgia Saler—lecture—A quick and healthy Breakfast, 4:00-5:30pm Senior Center

For more information please see our web site www.ocnj.us/recreation go to AFC link

Call 398-6900 or 525-9301