

OCEAN CITY AQUATIC & FITNESS CENTER SUMMER CLASS SCHEDULE JUNE 18 - SEPT 2, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:00AM - 9:00PM 6:45 - 7:45AM Pilates (Robin) 8:00 - 9:00 AM Beach Exercise - Yoga 8:00 - 9:00AM 20 - 20 - 20 (Linda) 9:00 - 10:00AM Step II/Interval (Aggie) 10:00 - 11:00AM Zumba (Aggie) 11:10 - 12:10PM Yoga (Hope) (Fee Non-Members) 12:15 - 1:15PM Tai Chi Ch'uan (Melissa) 4:30 - 5:30PM Martial Arts (Mike) (No Fee) 5:30 - 6:30 PM T B W (Erica) 7:15 - 8:30 PM Yoga (Natalie) (Fee Non-members)	6:00AM - 9:00PM 6:45 - 7:45AM Bodysculpting (Linda) 8:00 - 9:00AM Yoga (Nancy)(Fee Non-Members) 9:00 - 10:00AM Cardio/Interval (Lisa) 10:00 - 11:00AM Cardio Body Sculpt (Robin) 11:10 - 12:10PM Pilates/Core (Robin) 12:15 - 1:15PM Smooth Moves (Nadine) 4:30 - 5:15PM Kids Fun Yoga 4-7years (Melissa/Lori) 5:15 - 6:00PM Intermediate Yoga 8-15years 6:00 - 7:10PM Pilates / Core (Sharon) 7:15 - 8:30PM Yoga (Sharon) (Fee Non-Members)	6:00AM - 9:00PM 6:45 - 7:45 AM T B W (Robin) 8:00 - 9:00 AM Beach Exercise - Low Impact(Chris) 8:00 - 9:00AM Zumba (Aggie) 9:00 - 10:00AM Total Body Workout (Cathy) 10:00 - 11:00AM On the Ball (Hope) 11:10 - 12:10PM Yoga (Hope) (Fee Non-Members) 12:15 - 1:15PM Tai Chi Ch'uan (Melissa) 5:00 - 6:00PM Yoga (Michelle) (Fee Non-Members) 6:15 - 7:30PM Kickbox Circuit (Rosemarie) 7:30 - 8:30PM Martial Arts Class (Mike) (Fee)	6:00AM - 9:00PM 6:45 - 7:45AM Total Body Workout (Linda) 8:00 - 9:00AM Yoga (Georgia) (Fee Non-Members) 9:00 - 10:00AM Cardio Kick (Lisa) 10:00 - 11:00AM Cardio Body Sculpt (Chrissy/Barb) 11:10 - 12:10PM Pilates (Debbie) 12:15 - 1:00PM Smooth Weights (Nadine) 5:00 - 6:00PM Zumba (Jen) 6:00 - 7:10PM Body Sculpting (Melissa) 7:15 - 8:30PM Yoga (Natalie/Nancy)(Fee Non-Members)
FRIDAY	SATURDAY	SUNDAY	Holiday Class / Upcoming Events
6:00AM - 9:00PM 6:45 - 7:45 AM T B W (Betsy) 8:00 - 9:00AM Beach Exercise - Pilates (Barb) 8:00 - 9:00AM Body Sculpting (Linda) 9:00 - 10:00AM Boot Camp (Lori) 10:00 - 11:00AM Total Body Workout (Hope) 11:10 - 12:15PM Yoga (Lori) (Fee Non-Members)	7:00AM - 6:00PM 7:00 - 8:00 AM Yoga (Nancy) 8:15 - 9:30AM Body Blast/Zumba (Aggie/Marisa) 9:30 - 10:45AM Yoga (Michelle)(Fee Non-Members) 11:00 - 12:00PM Tai Chi Ch'uan (Melissa)	9:00AM - 6:00PM <u>Sunday Special Yoga</u> 9:00 - 10:30am Every Sunday! \$3 members/\$12 non members	June 29th - Independence Day 1 mile Bay Swim July 2nd - 6th St. Beach Exercise begins - M, W, F July 28th - Night In Venice - Center Closes at 4PM September 3rd - Labor Day Center's Hours 6am - 2pm Regular AM Classes September 3rd - Mayor's Labor Day Race - 5m & 1m September 30th - OCNJ Half Marathon & 5K

CLASS DESCRIPTIONS

20 - 20 - 20: A well rounded workout. 20 minutes of aerobics - 20 minutes of step and 20 minutes of weights.

Body Sculpting: This portion of class is stationary muscle conditioning utilizing hand weights and/or xertubes for added resistance.

Flirty Girl: High energy dance clas with a hip hop flair.

Interval: A change in pace (high intensity and moderate intensity work) optimizes the development of cardiorespiratory fitness.

Kickboxing: Hi Cardio with incorporated kickboxing moves.

Light Weights: Intro to strength class starting with basic dumb-bell exercises and balance work.

Martial Arts: Learn the many techniques of self defense. (Fee)

Pilates: Work Core Strength.

Smooth Moves -For those with limited mobility.

Step I: Basic step & choreography. Great workout!

Step II: This class is for those that have mastered Step I.

T B W: Total Body Workout

Tai Chi Ch'uan: Martial Arts Stretching.

Zumba: High energy dance class with a Latin flair

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 CLASS YOUR NAME MUST BE TAKEN AT THE FRONT DESK BEFORE CLASS.

Kids Fun Yoga: Practice yoga while having fun and working out.

Special Advanced Yoga: Fee: \$3.00 members/ \$12.00 non members.

1735 Simpson Ave. Ocean City, NJ



Aquatic & Fitness Center

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Indoor Cycling Classes!

