

OCEAN CITY AQUATIC & FITNESS CENTER **FALL** Sept 1 - Nov 2, 2025

Monday		
6:00am	Strength (Marissa)	Group Ex
7:00am	Pilates Sulpt (Marissa)	Group Ex
7:00am	Cycle (Brad)	Cycle Rm
8:00am	Body Sculpt Yoga (Marissa)	Group Ex
9:00am	Slow Burn (Michelle)	Group Ex
9:00am	Cycle (Lisa)	Cycle Rm
10:00am	Zumba Toning (Michelle)	Group EX
11:00am	Drum Fit (Michelle)	Group Ex
11:05am	Water Ex. (Jenny S)	Pool
12:00pm	Water Ex. (Michelle)	Pool
12:00pm	Balance & Flow (Gina)	Group Ex
1:00pm	Special Needs Drum Fit	Group Ex
5:30pm	TBW (Brielle)	Group Ex

Tuesday		
5:15am	TBW (Sue)	Group EX
7:00am	Functional Fitness (Chrissy)	Group Ex
8:00am	Functional Stretch (Chrissy)	Group Ex
8:00am	Cycle (Gina)	Cycle Rm
9:00am	Strength (Erica)	Group Ex
10:00am	Yoga (Gina)	Group Ex
11:00am	Barre (Marissa)	Group Ex
11:05am	Water Ex. (Maribeth)	Pool
12:00pm	Water Ex. (Mary)	Pool
12:00pm	Chair Yoga (Marissa)	Group Ex
3:45pm	Zumba Gold (Mark)	Group Ex
4:45pm	Zumba (Mark) 1HR	Group Ex
6:00pm	Gentle Yoga (Deb M)	Group Ex

Wednesday		
6:00am	Yoga (Sharon)	Group Ex
7:00am	Pilates (Sharon)	Group Ex
7:00am	Cycle (Lisa)	Cycle Rm
8:00am	TBW (Aggie)	Group Ex
9:00am	Zumba (Aggie)	Group Ex
9:00am	Cycle (Erica)	Cycle Rm
10:00am	Strength (Michelle)	Group Ex
11:00am	Yoga (Marissa)	Group Ex
11:05am	Water Ex. (Michelle)	Pool
12:00pm	Water Ex. (Jenny S)	Pool
12:00pm	Chair Pilates/Barre (Marissa)	Group Ex
5:30pm	TBW (Brad)	Group Ex

Thursday		
7:00am	Tabata (Brad)	Group Ex
8:00am	Cycle (Gina/Martin)	Cycle Rm
8:00am	Yoga (Nancy)	Group Ex
9:00am	Barre/Pilates (Lisa)	Group Ex
10:00am	Strength (Bonnie)	Group Ex
11:00am	Drum & Tone (Bonnie/Shelley)	Group EX
11:05am	Water Ex. (Mary)	Pool
12:00pm	Water Ex. (Bonnie)	Pool
12:00pm	Smooth Weights (Shelley)	Group Ex
4:45pm	Zumba (Joan)	Group Ex
5:30pm	Wheels & Steel (Brielle)	Cycle Rm
6:45pm	Special Needs Dance/Fitness	Group Ex

Friday		
6:00am	Yoga (Sharon)	Group Ex
7:00am	Cycle (Debbie S)	Cycle Rm
7:00am	Strength (Brad)	Group Ex
8:00am	Barre (Erica)	Group Ex
9:00am	Zumba (Mark)	Group Ex
10:00am	Cardio-Sculpt (Deb M)	Group Ex
11:00am	Yogalates (Deb M)	Group Ex
11:05am	Water Ex. (TBA)	Pool
12:00pm	Smooth Moves (Deb M)	Group Ex

Saturday		
7:15am	Yoga (Nancy)	Group Ex
7:15am	Cycle (Deb M)	Cycle Rm
7:15am	Barre/Core (Marissa)	Art Ctr
8:15am	Zumba Sculpt (Aggie) 1HR	Group Ex
8:30am	Strength (Marissa)	CT yard
9:00am	Cycle (TBA)	Cycle Rm
9:30am	Step & Sculpt (Shelley)	Group Ex
11:05am	Water Ex. (Chris)	Pool

Sunday		
8:15am	Cycle (TBA) 1HR	Cycle Rm
9:30am	Yoga (TBA) 1HR	Group Ex
11:05am	Water Ex. (Jenny M)	Pool

MATS ARE NOT PROVIDED

	Water Classes
	Cycle Classes
Weather Permitting	Court Yard

Hours of Operation:

Monday - Friday	5:00AM - 9:00PM
Saturday & Sunday	7:00AM - 5:00PM

How to Register for Classes

1. Sign-In to your **RecDesk** account by going to **OCNJ.RECDESK.COM**
 2. Click on **"Programs"**, located at the top of your screen.
(For mobile devices: select the three lines in the top right- hand corner of your screen)
 3. Here you can sort the programs by using the filter.
EX. Fitness Center: for indoor classes
 4. When you locate your session, click on **"Register Now"**
 5. Select the specific member that the registration is for
 6. Select **"No Fee"** from the drop down menu and hit **"save"**
 7. Proceed to the **"Shopping Cart"** and **"Check out"**
 8. You are successfully registered for a program!
- Please Sign up ahead for class as we keep track of numbers in order to better serve you.** If you need to cancel, you must call the front desk. They will remove you from class to open up your

CLASS DESCRIPTIONS:

Balance & Flow: Focus is on balance, breath work, enhancing joint mobility, strength and flexibility.

Barre: A fusion of ballet, yoga & Pilates movements.

Boot Camp/Circuit: Cardio, combined with strength training elements to sculpt muscle and build strength.

Cardio-Kick: Low-Impact incorporating boxing and martial arts moves.

Cardio-Sculpt: Traditional cardio training with body sculpting using weights.

Chair Yoga: Stretch, Meditate and learn the basics of yoga while seated in a chair.

Drum Fit: Combining Cardio and drumming to foster a healthy balance mentally, emotionally and socially.

Functional Fitness: Coached based class—focusing on cardio & strength moves utilizing compound moves.

Functional Stretch: Stretching through a full range of motion making daily activities easier.

Gentle Yoga: Restore and reset. Perfect for beginners and advanced alike. It encourages us to be gentle with ourselves and our bodies.

H I I T: High Intensity Interval Training, combining cardio and strength training moves.

Meditation: A healing practice that allows us to experience inner calm and deep relaxation.

Pilates/Sculpt/Core: Emphasizes proper postural alignment, strength & muscle balance. while utilizing bands and weights on a mat.

Power Flow Yoga: Creating alignment, linking breath from one movement to another.

Slow Burn: A fat burning combo of low impact with weights and balance moves.

Smooth Moves: Exercise for those with limited mobility.

Smooth Weights: Intro to strength class, basic dumbbell exercises and balance work.

Step & Sculpt: Cardio and strength workout. Creative and dynamic moves are incorporated to ensure a great calorie burn session.

Strength: Full body workout with dumbbells.

T B W: Total Body Workout, a well rounded workout including cardio, strength and stretch.

Wheels & Steel: 25 minutes of Cycle followed by weights with focus.

Yoga: Unify the body, mind and spirit through movement, breath work and relaxation.

Yoga/Body Sculpt: A power yoga vinyasa flow, building strength & balance. Utilizing bands and weights on a mat.

Zumba: High energy dance class with a Latin flair.

Zumba Gold: A modified class that recreates the original moves you love at a lower-intensity

Zumba Toning: combines body-sculpting exercises and high-energy cardio work

