

# OCEAN CITY AQUATIC & FITNESS CENTER {SUMMER CLASSES} June 16th - August 31st

Monday		
6:00am	Strength (Marissa)	Group Ex
7:00am	Cycle (Brad)	Cycle Rm
7:00am	Barre (Marissa)	Group Ex
8:00am	Beach Yoga (Marissa)	6th St.
8:00am	Strength (Erica)	Group Ex
8am - 11:00am Open Gym (Sue) CT Yard		
9:00am	Cycle (Lisa)	Cycle Rm
9:00am	Slow Burn (Gina)	Group Ex
9:15am	T B W (Emily)	CT Yard
10:00am	Zumba Toning (Michelle)	Group Ex
10:15am	Guided Meditation (Gina)	CT Yard
11:00am	Drum Fit (Michelle/Gina)	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
Thursday		
6:30am	Cycle (Lou)	Cycle Rm
7:00am	Tabata (Brad)	Group Ex
7:15am	Functional Stretch (Chrissy)	CT Yard
8:00am	Cycle 1hr (Martin)	Cycle Rm
8:00am	Yoga (Nancy/Gina/Deanna)	Group Ex
8:15am	Pilates (Barb)	CT Yard
9am - 11:00am Open Gym (MM/MBG) CT Yard		
9:00am	Barre (Lisa)	Group Ex
10:00am	Strength (Gina)	Group Ex
11:00am	Drum & Tone (Gina)	Group Ex
11:05am	Water Ex. (Michelle)	Pool
12:00pm	Water Ex. (Chris)	Pool
12:00pm	Smooth Weights (Gina)	Group Ex
4:45pm	Zumba (Joan)	Group Ex
5:30pm	Wheels & Steel (Brielle)	Group Ex
6:45pm	Sp Needs Dance/Fitness	Group Ex

Tuesday		
6:30am	Cycle (Adeline)	Cycle Rm
7:00am	Functional Fitness (Chrissy)	Group Ex
8:00am	Functional Stretch (Chrissy)	Group Ex
8:00am	Cycle 1hr (Gina)	Cycle Rm
8:15am	Yoga (Kim)	CT Yard
9am - 11:00am Open Gym (Michelle/Mari) CT Yard		
9:00am	TBW (Julie)	Group Ex
10:00am	Strength (Michelle)	Group Ex
10:30am	Pilates Sculpt (Marissa)	CT Yard
11:00am	Strength (Shelley)	Group Ex
11:05am	Water Ex. (Michelle)	Pool
12:00pm	Water Ex. (TBA)	Pool
12:00pm	Chair Yoga (Marissa)	Group Ex
3:45pm	Zumba Gold (Mark)	Group Ex
4:45pm	Zumba (Mark) 1 Hr	Group Ex
6:00pm	Gentle Yoga (Deb M)	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
8:00am	Beach Low Impact (Brielle)	6th St.
8am - 11:00am Open Gym (Shelley) CT Yard		
9:00am	Cycle (Julie/Emily)	Cycle Rm
9:00am	Zumba (Mark)	Group Ex
9:15am	Boot Camp Circuit (J/E)	CT Yard
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

Wednesday		
6:00am	Yoga (Sharon)	Group Ex
7:00am	Cycle (Lisa)	Cycle Rm
7:00am	Pilates (Sharon)	Group Ex
8:00am	Beach Pilates (Barb)	6th St.
8:00am	T B W (Aggie)	Group Ex
8am - 11:00am Open Gym (Chrissy) CT Yard		
9:00am	Cycle (Erica)	Cycle Rm
9:00am	Zumba (Aggie)	Group Ex
9:15am	Boot Camp Circuit (Sue)	CT Yard
10:00am	T B W (Emily)	Group Ex
11:00am	Yoga (Marissa)	Group Ex
11:05am	Water Ex. (Emily/Julie)	Pool
12:00pm	Water Ex. (Jenny S)	Pool
12:00pm	Chair Pilates/Barre (Marissa)	Group Ex
5:30pm	T B W (Brad)	Group Ex

Saturday		
7:15am	Yoga (Nancy/Gina/Deanna)	Group Ex
7:15am	Cycle (Deb M)	Cycle Rm
7:15am	Barre/Core (Gina/Marissa)	Sr. Center
Open Gym 8am - 11:00am (Danielle) CT Yard		
8:15am	Zumba Sculpt (Aggie) 1Hr	Group Ex
9:00am	Cycle (TBA)	Cycle Rm
9:15am	Cardio-Kick (Julie)	CT Yard
9:30am	Step & Sculpt (Shelley)	Group Ex
11:05am	Water Ex. (Chris)	Pool

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

MATS ARE NOT PROVIDED

	Water Classes
	Cycle Classes
	Outdoor Court Yard
	Beach Classes (6/23-8/29)

Members are required to register for classes weekly.

Gr Ex classes open for registration 8am Sundays and close 1 hr before class begins.

Cycle Classes open for registration 8am the day prior to class.

### 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 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 spot.



1735 Simpson Ave, Ocean City, NJ 08226  
Visit us at: [www.ocnj.us](http://www.ocnj.us) 609-398-6900

### ONLINE Registration:



### Aquatic & Fitness Hours of Operation:

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

Notes:

Outdoor Classes are Weather Permitting

Cycle/Drum Fit Subject to Availability

### **OUTDOOR OPEN GYM:** Time to get a workout in outside!

An Aquatic & Fitness Center Instructor will be on sight and gym equipment will be available during posted hours.

Perform your own workout. Or tackle a posted WOD (workout of the day).

There will also be a 30 minute workout lead by the instructor of the day.

Extra space, Extra fun & Extra movement

Monday	8:00AM - 11:00AM - 30 min express @ 8:30AM
Tuesday	9:00AM - 11:00AM - 30 min express @ 9:30AM
Wednesday	8:00AM - 11:00AM - 30 min express @ 8:30AM
Thursday	9:00AM - 11:00AM - 30 min express @ 9:30AM
Friday	8:00AM - 11:00AM - 30 min express @ 8:30AM
Saturday	8:00AM - 11:00AM - 30 min express @ 8:30AM

### CLASS DESCRIPTIONS:

