

OCEAN CITY AQUATIC & FITNESS CENTER *Winter* Nov 8th - March 6th, 2022

Monday		
7:00am	Barre (Marissa)	Group Ex
7:00am	Cycle (Brad)	Cycle Rm
8:00am	Strength (Marissa)	Group Ex
9:00am	Slow Burn (Gina)	Group Ex
9:00am	Cycle (Lisa)	Cycle Rm
10:00am	Zumba Toning (Joanne)	Group EX
11:00am	Drum Fit (Joanne)	Group Ex
11:05am	Water Ex. (Brielle)	Pool
12:00pm	Water Ex. (Joanne)	Pool
12:15pm	Tai Chi Qi Gong (Gina)	Group Ex
5:00pm	TBW (Brielle)	Group Ex
6:00pm	Pilates (Brielle)	Group Ex

Tuesday		
7:00am	Functional Fitness (Chrissy)	Group Ex
8:00am	Functional Stretch (Chrissy)	Group Ex
8:00am	Cycle (Bonnie)	Cycle Rm
9:00am	Cardio-Kick (Brielle)	Group Ex
10:00am	Barre (Marissa)	Group Ex
11:00am	Yoga (Marissa)	Group Ex
11:05am	Water Ex. (Nadine)	Pool
12:00pm	Water Ex. (Mary)	Pool
12:15pm	Chair Yoga (Marissa)	Group Ex
5:30pm	Zumba (Mark)	Group Ex
6:00pm	Wheels & Steel (Brielle)	Cycle Rm

Wednesday		
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 (Erica)	Group Ex
11:00am	Restorative Yoga (Colleen)	Group Ex
11:05am	Water Ex. (Mary)	Pool
12:00pm	Water Ex. (Brielle)	Pool
12:15pm	Smooth Weights (Bonnie)	Group Ex
5:30pm	Cycle (Brad)	Cycle Rm
5:30pm	HIIT (Blake)	Group Ex

Thursday		
7:00am	TBW (Brad)	Group Ex
8:00am	Cycle (Martin)	Cycle Rm
8:00am	Yoga (Nancy)	Group Ex
9:00am	Tabata (Lisa)	Group Ex
10:00am	Boot Camp(Bonnie)	Group Ex
11:00am	Rhythm & Tone (Gina)	Group EX
11:05am	Water (Bonnie)	Pool
12:00pm	Water Ex. (Bonnie)	Pool
4:30pm	Self Defense (Mike) 55min	Group Ex
5:30pm	Yoga (Natalie)	Group Ex

Friday		
7:00am	Cycle (Debbie)	Cycle Rm
7:00am	Strength (Brad)	Group Ex
8:00am	Drum Fit (Joanne)	Group Ex
9:00am	Zumba (Mark)	Group Ex
9:00am	Cycle (Gina)	Cycle Rm
10:00am	Cardio-Sculpt (Deb M)	Group Ex
11:00am	Yogalates (Deb M)	Group Ex
11:05am	Water Ex. (Joanne)	Pool
12:00pm	Water Ex. (Jenny M)	Pool
12:15pm	Smooth Moves (Deb M)	Group Ex

Saturday		
7:15am	Yoga (Nancy)	Group Ex
7:15am	Cycle (Deb M)	Cycle Rm
7:30am	Barre (Jen S)	Sr. Center
8:15am	Zumba Sculpt (Aggie) 1Hr	Group Ex
9:00am	Cycle (TBA)	Cycle Rm
9:30am	Step & Sculpt (Shelly)	Group Ex
11:05am	Water Ex. (TBA)	Pool

Third Saturday of every month		
12:15pm	Chakra Sound Healing/Yoga	Group Ex

Gina

MATS ARE NOT PROVIDED

Register at: OCNJ.RECDESK.COM

ALL CLASSES ARE 45 MINUTES UNLESS NOTED

Water Classes

Cycle Class (Extra Fee)



1735 Simpson Ave, Ocean City, NJ 08226

visit us at: www.ocnj.us

609-398-6900

CLASS DESCRIPTIONS:

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

Boot Camp: Work at your own pace as your instructor takes you through a series of both strength training and cardio full body movements.

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

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

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

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

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

Pilates/Core: Emphasizes proper postural alignment, strength & muscle balance.

Rhythm and Tone: So you think you can't dance? No problem, this easy to follow cardio-dance class focuses on fun, positivity and power.

Self Defense: Learn about tactics which may be helpful for various types of encounters

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.

Strength: Full body workout with dumbbells.

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

Tabata: Set Timed Intervals & Rest for a variety of Exercises.

Tai Chi: A series of movements performed in a slow, focused manner and accompanied by deep breathing.

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 Chakra Toning: Restorative yoga using sound to balance

Hours of Operations:

Racquet Ball Court: (45 - Minute Time Slots) - 2 Members per Time slot

Monday thru Friday: 5:00AM – 8:00PM

Saturday & Sunday: 8:00AM – 4:00PM

Gym:

Monday thru Friday:

5:00AM - 1:30PM

1:30pm - 2:30pm CLOSED *Deep Cleaning*

2:30PM - 9:00PM

No Childcare Hours - Checkout our Little Rec'ers Program

Saturday

7:00AM - 5:00PM

Sunday

8:00AM- 5:00PM

Holiday Hours:

Thurs 11/25 – CLOSED – Thanksgiving

Fri 11/26 – Regular Schedule – 5am – 9pm

Fri 12/24 – 5am – 1pm

Sat 12/25 – CLOSED – Christmas

Fri 12/31 – 5am – 2pm

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 the gym and 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

