

OCEAN CITY AQUATIC & FITNESS CENTER {Spring} March 6th - June 18th, 2023

Monday		
7:00am	Power Flow Yoga (Marissa)	Group Ex
7:00am	Cycle (Brad)	Cycle Rm
8:00am	Barre (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. (Jenny S)	Pool
12:00pm	Water Ex. (Mary)	Pool
12:15pm	Tai Chi/Qi Gong (Gina)	Group Ex
5:30pm	TBW (Brielle)	Group Ex

Tuesday		
7:00am	Functional Fitness (Chrissy)	Group Ex
8:00am	Functional Stretch (Chrissy)	Group Ex
8:00am	Cycle (Gina) 1HR	Cycle Rm
9:00am	Cardio-Kick (Brielle)	Group Ex
10:00am	Pilates (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
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 (Bonnie)	Group Ex
11:00am	Balance & Flow (Gina)	Group Ex
11:05am	Water Ex. (Bonnie)	Pool
12:00pm	Water Ex. (Jenny S)	Pool
5:30pm	Circuit (TJ)	Group Ex

Thursday		
7:00am	Tabata (Brad)	Group Ex
8:00am	Cycle (Martin) 1HR	Cycle Rm
8:00am	Yoga (Nancy)	Group Ex
9:00am	Barre (Lisa)	Group Ex
10:00am	Strength (Erica)	Group Ex
11:00am	Drum & Groove (Joanne)	Group EX
11:05am	Water Ex. (Bonnie)	Pool
12:00pm	Water Ex. (Bonnie)	Pool
12:15pm	Smooth Weights (Joanne)	Group Ex
6:00pm	Wheels & Steel (Brielle) 1 HR	Cycle Rm

Friday		
7:00am	Cycle (Debbie)	Cycle Rm
7:00am	Strength (Brad)	Group Ex
8:00am	Barre (Bonnie)	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	Water Ex. (TBA)	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 (TBA)	TBA
8:15am	Zumba Sculpt (Aggie) 1Hr	Group Ex
9:00am	Cycle (TBA)	Cycle Rm
9:30am	Step & Sculpt (Aggie/Shelly)	Group Ex
11:05am	Water Ex. (TBA)	Pool

Specials		
11:00am	Sound Healing 4/8	Sr. Center
6:00pm	Full Moon Yoga 5/5	Sr. Center

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:

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

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.

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

Circuit Training: Designed to develop a number of fitness components, including cardiovascular endurance (CVE), muscular endurance (ME), power, and anaerobic endurance.

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

Drum & Groove: A combination of drumming, dancing and weights, focusing on body and brain wellness.

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

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

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.

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

Power 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.

Strength: Full body workout with dumbbells.

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

Sound Healing: Using a variety of instruments to balance and clear the mind. Deep relaxation is the most universal benefits of sound therapy. When the body is relaxed, healing can occur.

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

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

TBW: Total Body Workout, a well rounded workout including cardio, 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.

Yogalates: A fusion of ancient Indian practice of Yoga with the western practice of Pilates

Zumba: High energy dance class with a Latin flair.

Zumba Gold: The original Zumba moves that you love at a lower intensity.

Zumba Sculpt/ Toning: High-energy Latin based class with the addition of weights.

Hours of Operations:

Gym:

Monday thru Friday: 5:00AM – 9:00PM

Saturday 7:00AM - 5:00PM

Sunday 8:00AM- 5:00PM

Holiday Hours:

Sunday 4/9 - EASTER: CLOSED

How to Register for Classes

1. Sign-In to your **RecDesk** account by going to [OCNJ.RECDESK.COM](https://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 serve you.

