OCEAN CITY AQUATIC & FITNESS CENTER WINTER Nov 9 - March 7, 2027

Monday		
6:00am	Strength (Marissa)	Group Ex
7:00am	Pilates Sculpt (Marissa)	Group Ex
7:00am	Cycle (Brad)	Cycle Rm
8:00am	Body Sculpt Yoga (Marissa)	Group Ex
9:00am	Cardio-Sculpt (Bonnie)	Group Ex
9:00am	Cycle (Lisa)	Cycle Rm
10:00am	Zumba Toning (Aggie/Joan)	Group EX
11:00am	Drum & Tone (Bonnie)	Group Ex
11:05am	Water Ex. (TBA)	Pool
12:00pm	Water Ex. (TBA)	Pool
12:00pm	Stretch & Tone (Bonnie)	Group Ex
1:00pm	Special Needs Drum Fit	Group Ex
5:30pm	T B W (Brielle)	Group Ex

Tuesday		
5:15am	T B W (Sue)	Group Ex
7:00am	Functional Fitness (Chrissy/Josh)	Group Ex
8:00am	Functional Stretch (Chrissy)	Group Ex
8:00am	Cycle (Bonnie/Jenny)	Cycle Rm
9:00am	T B W (Erica)	Group Ex
10:00am	Strength (Bonnie)	Group Ex
11:00am	Barrelates (Marissa)	Group Ex
11:05am	Water Ex. (Jenny S)	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	T B W (Aggie)	Group Ex
9:00am	Interval Step (Aggie)	Group Ex
9:00am	Cycle (Erica)	Cycle Rm
10:00am	Strength (Shelley)	Group Ex
11:00am	Yin Yoga (Marissa)	Group Ex
11:05am	Water Ex. (Bonnie)	Pool
12:00pm	Water Ex. (Jenny S)	Pool
12:00pm	Chair Pilates/Barre (Marissa)	Group Ex
5:30pm	T B W (Jen N/Shannon)	Group Ex

Thursday		
7:00am	Tabata (Brad)	Group Ex
8:00am	Cycle (Martin/Jenny)	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 (Shelley)	Group EX
11:05am	Water Ex. (Bonnie)	Pool
12:00pm	Water Ex. (Bonnie)	Pool
12:00pm	Smooth Weights (Shelley)	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
9:00am	Cycle (Lou)	Cycle Rm
10:00am	Cardio-Sculpt (Deb M)	Group Ex
11:00am	Yoga (Deb M)	Group Ex
11:05am	Water Ex. (TBA)	Pool
12:00pm	Smooth Moves (Deb M)	Group Ex

MATS ARE NOT PROVIDED

Saturday		
7:15am	Yoga (Nancy) 1HR	Group Ex
7:15am	Cycle (Deb M)	Cycle Rm
7:15am	Barre (Marissa)	Art Ctr
8:15am	Zumba (Aggie) 1HR	Art Ctr
8:30am	Strength & Sculpt (Marissa)	Group Ex
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

	Water Classes
	Cycle Classes
	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/Core: Emphasizes proper postural alignment,strength & muscle balance.
Power Flow Yoga: Creating alignment,linking breath from one movement to another.
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.
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 infused with Zumba moves.