

OCEAN CITY AQUATIC & FITNESS CENTER **FALL** Sept 5th - Nov 7th

Monday		
7:00am	Barre (Marissa)	Group Ex
7:00am	Cycle (Brad)	Cycle Rm
8:00am	Yoga (Marissa)	Group Ex
9:00am	Cycle (Lisa)	Cycle Rm
9:00am	Slow Burn (Gina)	Group Ex
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. (Joanne)	Pool
12:15pm	Tai Chi/Chi 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)	Cycle Rm
9:00am	Cardio-Kick (Brielle)	Group Ex
10:00am	Tabata (Lisa)	Group Ex
10:15am	Pilates (Marissa)	CT Yard
11:15am	Yoga (Marissa)	CT Yard
11:00am	Strength (Lisa)	Group Ex
11:05am	Water Ex. (Nadine)	Pool
12:00pm	Water Ex. (Mary)	Pool
12:15pm	Chair Yoga (Marissa)	Group Ex
5:15pm	Zumba (Mark)	Group Ex
6:00pm	Wheels & Steel (Brielle)	Cycle Rm

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	Cycle (Erica)	Cycle Rm
9:00am	Zumba (Aggie)	Group Ex
10:00am	Strength (Erica)	Group Ex
11:00am	Power Flow Yoga (Colleen)	Group Ex
11:15am	Circuit Training (Bonnie)	CT Yard
11:05am	Water Ex. (Mary)	Pool
12:00pm	Water Ex. (Jenny S)	Pool
12:15pm	Smooth Weights (Bonnie)	Group Ex
5:30pm	HIIT (Blake)	Group Ex

Thursday		
7:00am	HIIT (Brad)	Group Ex
8:00am	Cycle (Martin)	Cycle Rm
8:00am	Yoga (Nancy)	Group Ex
9:00am	Barre (Lisa)	Group Ex
10:00am	Strength (Bonnie)	Group Ex
11:00am	Rhythm & Tone (Gina)	Group Ex
11:05am	Water Ex. (Bonnie)	Pool
12:00pm	Water Ex. (Bonnie)	Pool
5:30pm	Circuit (TJ)	Group Ex

Friday		
7:00am	Cycle (Debbie S)	Cycle Rm
7:00am	Strength (Brad)	Group Ex
8:00am	Drum Fit (Joann)	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. (Nadine)	Pool
12:00pm	Water Ex. (Brielle)	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)	Sr. Center
8:15am	Zumba Sculpt (Aggie) 1Hr	Group Ex
9:00am	Cycle (TBA)	Cycle Rm
9:30am	Step (Shelly)	Group Ex
11:05am	Water Ex. (TBA)	Pool

Specials (Gina)		
11:00am	Sound Healing 9/10 1HR	Sr. Center
11:00am	Sound Healing 10/1 1HR	Group Ex.
11:00am	Sound Healing 11/5 1 HR	Sr. Center

	Water Class	
	Outdoor Court Yard	
	Cycle Classes are an extra fee	

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

MATS ARE NOT PROVIDED

CLASS DESCRIPTIONS:

Barre: A fusion of ballet, yoga & Pilates 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 Stretch: Stretching through a full range of motion making daily activity easier.

Functional Training/Circuit: 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: Think you can't dance? No problem, this easy to follow cardio-dance class focuses on fun, positivity and power.

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.

Special Sound Healing: Using a variety of instruments to balance and clear the mind. Deep relaxation is the most universal benefits of sound therapy.

Strength: Full body workout using dumbbells.

Tai Chi/Chi Gong: 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 Power Flow: Creating alignment, linking breath from one movement to another.

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

Zumba: High energy dance class with a Latin flair.

Zumba Toning: Zumba dance moves with weights.

Hours of Operations:

Aquatic & Fitness Center

Monday thru Friday: 5:00AM – 9:00PM

Saturday 7:00AM – 5:00PM Sunday 8:00am - 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 at the top right- hand corner of your screen).
3. Here you can sort the programs by using the filter.
Example: Choose Fitness Center for classes and cycle.
4. When you locate your session, click on “**Register Now**”.
5. Select the specific member for that registration.
6. Select “**No Fee**” from the drop down menu and hit “**save**”.
7. Proceed to the “**Shopping Cart**” confirm the classes are in cart and “**Check out**”.
8. You are successfully registered for a program when you receive a confirmation email.

Please Sign up ahead of time for classes as we keep track of numbers in order to better serve you.



www.ocnj.us

A & F Center

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