

# OCEAN CITY AQUATIC & FITNESS CENTER \*Winter\* November 7th-March 5th 2023

Monday		
7:00am	Pilates (Marissa)	Group Ex
7:00am	Cycle (Brad)	Cycle Rm
8:00am	Power Flow Yoga (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. (Mary)	Pool
12:00pm	Water Ex. (Joanne)	Pool
12:15pm	Tai Chi/Qi Gong (Gina)	Group Ex
5:00pm	TBW (Brielle)	Group Ex
6:00pm	Barre (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	Barre (Marissa)	Group Ex
11:00am	Power Flow Yoga (Marissa)	Group Ex
11:05am	Water Ex. (Nadine)	Pool
12:00pm	Water Ex. (Mary)	Pool
12:15pm	Chair Yoga (Marissa)	Group Ex
4:45pm	Zumba (Mark)	Group Ex
6:00pm	Circuit (TJ)	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	Boot Camp (Bonnie)	Group Ex
11:00am	Power Flow Yoga (Colleen)	Group Ex
11:05am	Water Ex. (Bonnie)	Pool
12:00pm	Water Ex. (Jenny S)	Pool
12:15pm	Smooth Weights (Bonnie)	Group Ex
5:30pm	HIIT (Blake)	Group Ex

Thursday		
7:00am	Tabata (Brad)	Group Ex
8:00am	Cycle (Martin)	Cycle Rm
8:00am	Yoga (Nancy)	Group Ex
9:00am	Barre (Lisa)	Group Ex
10:00am	Strength (Erica)	Group Ex
11:00am	Rhythm & Tone (Gina)	Group Ex
11:05am	Water Ex. (Bonnie)	Pool
12:00pm	Water Ex. (Bonnie)	Pool
5:30pm	Wheels & Steel (Brielle) 1HR	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
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) 1Hr	Cycle Rm
7:30am	Barre (TBA)	Arts Ctr
8:15am	Zumba Sculpt (Aggie) 1Hr	Group Ex
9:00am	Cycle (TBA)	Cycle Rm
9:30am	Step & Sculpt (Shelley)	Group Ex
11:05am	Water Ex. (TBA)	Pool

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

Specials		
6:08pm	Full Moon Yoga 1/6	Sr. Center
11:00am	Sound Healing 1/7	Sr. Center
11:00am	Sound Healing 2/4	Sr. Center

	Water Classes
	Cycle Class (Extra Fee)

**MATS ARE NOT PROVIDED**

Register at: [OCNJ.RECDESK.COM](http://OCNJ.RECDESK.COM)

**ALL CLASSES ARE 45 MINUTES UNLESS NOTED**



1735 Simpson Ave, Ocean City, NJ 08226  
 visit us at: [www.ocnj.us](http://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 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, strength and drumming to foster a healthy balance mentally, emotionally and socially.

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

**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 and muscle balance.

**Rhythm and Tone:** So you think you can't dance? No problem, this easy to follow fat burning 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 or rehabbing from injury.

**Smooth Weights:** Intro to strength class, basic dumbbell exercises and balance work.

**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 occurs.

**Strength:** Full body workout with dumbbells.

**Step & Sculpt:** A 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/Qi Gong:** A series of movements performed in a slow, focused manner accompanied deep breathing.

**T B W:** Total Body Workout, a well rounded workout including cardio, strength and stretching.

**Wheels & Steel:** 25 minutes of Cycle followed by weights with focus.

**Yoga:** Unify the body, mind and spirit through movement, breath work and relaxation.

**Yoga Power Flow:** Creating alignment, linking breath from one movement to another.

**Zumba:** High energy dance class with a Latin flair.

**Zumba Sculpt:** 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- 5:00 PM**

### Holiday Hours:

**Thur 11/24 – CLOSED – Thanksgiving**

**Fri 11/25- Regular Schedule**

**Sat 12/24 7:00am - 1:00pm**

**Sun 12/25 CLOSED- Christmas**

## 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**

**rec desk**

