

OCEAN CITY AQUATIC & FITNESS CENTER {SUMMER CLASSES} June 17th - September 1st

Monday		
6:00am	Tabata (Marissa)	Group Ex
7:00am	Cycle (Brad)	Cycle Rm
7:00am	Pilates (Marissa)	Group Ex
8:00am	Beach Yoga (Marissa)	6th St.
8:00am	Strength (Erica)	Group Ex
8 - 9 Open Gym (Danielle) CT Yard		
9:00am	Cycle (Lisa)	Cycle Rm
9:00am	Slow Burn (Gina)	Group Ex
9:15am	T B W (Emily)	CT Yard
10:00am	Zumba Toning (Joanne)	Group Ex
10:15am	Guided Meditation (Gina)	CT Yard
11:00am	Drum Fit (Joanne)	Group Ex
11:05am	Water Ex. (Jenny S)	Pool
12:00pm	Water Ex. (Joanne)	Pool
12:00pm	Tai Chi/Qi Gong 1 hr (Gina)	Group Ex
5:30pm	TBW (Brielle)	Group Ex

5pm-7pm OPEN GYM (Nancy/Shelley)

Thursday		
6:30am	Cycle (Lou)	Cycle Rm
7:00am	Tabata (Brad)	Group Ex
7:15am	Functional Stretch (Chrissy)	CT Yard
8:00am	Cycle 1hr (Martin)	Cycle Rm
8:00am	Yoga (Nancy)	Group Ex
9 - 11 Open Gym (Michelle) CT Yard		
9:00am	Barre (Lisa)	Group Ex
10:00am	Strength (Bonnie)	Group Ex
11:00am	Drum & Tone (Joanne)	Group Ex
11:05am	Water Ex. (Bonnie)	Pool
12:00pm	Water Ex. (Chris)	Pool
12:00pm	Smooth Weights (Joanne)	Group Ex
4:30pm	Zumba (Joan)	Group Ex
5:30pm	Wheels & Steel (Brielle)	Group Ex

Tuesday		
6:30am	Cycle (Jenny S)	Cycle Rm
7:00am	Functional Fitness (Chrissy)	Group Ex
8:00am	Functional Stretch (Chrissy)	Group Ex
8:00am	Cycle 1hr (Gina)	Cycle Rm
8 - 10 Open Gym (Michelle) CT Yard		
9:00am	TBW (Emily/Julie)	Group Ex
10:00am	Barre (Marissa)	Group Ex
10:15am	Strength (Bonnie)	CT Yard
11:00am	Pilates (Barb)	Group Ex
11:15am	Power Flow Yoga (Marissa)	CT Yard
11:05am	Water Ex. (Mary)	Pool
12:00pm	Water Ex. (Bonnie)	Pool
12:00pm	Chair Yoga (Marissa)	Group Ex
3:45pm	Zumba Gold (Mark)	
4:45pm	Zumba (Mark) 1 Hr	Group Ex
6:00pm	Gentle Yoga (Deb M)	Group Ex

5pm-7pm OPEN GYM (Chrissy)

Friday		
7:00am	Cycle (Debbie S)	Cycle Rm
7:00am	Strength (Brad)	Group Ex
8:00am	Barre (Erica)	Group Ex
8:00am	Beach Low Impact (Brielle)	6th St.
9:00am	Cycle (Emily/Julie)	Cycle Rm
9:00am	Zumba (Mark)	Group Ex
9:15am	Boot Camp Circuit (Julie/Em)	CT Yard
10:00am	Cardio-Sculpt (Deb M)	Group Ex
11:00am	Yogalates (Deb M)	Group Ex
11:05am	Water Ex. (Caroline)	Pool
12:00pm	Water Ex. (Caroline)	Pool
12:00pm	Smooth Moves (Deb M)	Group Ex

Wednesday		
6:00am	Yoga (Sharon)	Group Ex
7:00am	Cycle (Lisa)	Cycle Rm
7:00am	Pilates (Sharon)	Group Ex
8:00am	Beach Pilates (Barb)	6th St.
8:00am	T B W (Aggie)	Group Ex
8:15am	Cardio Kick (Brielle)	CT Yard
9:00am	Cycle (Erica)	Cycle Rm
9:00am	Zumba (Aggie)	Group Ex
9:15am	Boot Camp Circuit (Emily)	CT Yard
10:00am	T B W (Bonnie)	Group Ex
11:00am	Chair Pilates/Barre (Gina)	Group Ex
11:05am	Water Ex. (Bonnie)	Pool
12:00pm	Water Ex. (Jenny S)	Pool
12:00pm	Balance & Flow (Gina)	Group Ex
5:30pm	T B W (Brad)	Group Ex

Saturday		
7:15am	Yoga (Nancy)	Group Ex
7:15am	Cycle (Deb M)	Cycle Rm
7:30am	Barre (Gina/Marissa)	Sr. Center
8:15am	Cardio-Kick (Julie)	CT Yard
8:15am	Zumba Sculpt (Aggie) 1Hr	Group Ex
Open Gym 9 - 11 (Marissa /Danielle) CT Yard		
9:00am	Cycle (TBA)	Cycle Rm
9:30am	Step & Sculpt (Shelley)	Group Ex
11:05am	Water Ex. (Caroline)	Pool

Sunday		
8:15am	Cycle (TBA)	Cycle Rm
9:30am	Yoga (TBA) 1HR	Group ex
11:05am	Water Ex. (Jenny M)	Pool

5pm-7pm OPEN GYM (Bonnie)

MATS ARE NOT PROVIDED

Water Classes
Cycle Classes
Outdoor Court Yard
Beach Classes (6/24-8/30)

Members are required to register for classes weekly.
Schedule opens 8am Sundays and closes 1 hr before class begins.

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 spot.

Notes:

Outdoor Classes Weather Permitting
Cycle/Drum Fit Subject to Availability



ONLINE Registration:



Aquatic & Fitness Hours of Operation:

Monday - Friday	5:00AM - 9:00PM
Saturday	7:00AM - 5:00PM
Sunday	7:00AM - 5:00PM

New OUTDOOR **Open Gym**: Time to get a workout in outside!
An Aquatic & Fitness Center Instructor will be on sight and gym equipment will be available during posted hours.
Perform your own workout. Or tackle a posted WOD (workout of the day).
There will also be a 30 minute workout lead by the instructor of the day.
Extra space, Extra fun & Extra movement

Morning Hours:

Monday	8:00AM - 9:00AM - 8:30 30 min express
Tuesday	8:00AM - 10:00AM - 9:00 30 min express
Thursday	9:00AM - 11:00AM - 10:00 30 min express

Evening Hours:

Mon, Tues & Thurs	5:00PM - 7:00PM - 6pm 30 min express
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Weekends:

Saturday	9:00AM - 11:00AM - 10am 30 min express
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CLASS DESCRIPTIONS:



1735 Simspson Ave, Ocean City, NJ 08226

Visit us at: www.ocnj.us 609-398-6900