

# OCEAN CITY AQUATIC & FITNESS CENTER **WINTER** Nov 4th - March 2nd

Monday		
6:00am	Tabata (Marissa)	Group Ex
7:00am	Pilates (Marissa)	Group Ex
7:00am	Cycle (Brad)	Cycle Rm
8:00am	Strength (Marissa)	Group Ex
9:00am	Slow Burn (Gina)	Group Ex
9:00am	Cycle (Lisa)	Cycle Rm
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 (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	Strength (Erica)	Group Ex
10:00am	Barrelates Fusion (Marissa)	Group Ex
11:00am	Yoga (Marissa)	Group Ex
11:05am	Water Ex. (Mary)	Pool
12:00pm	Water Ex. (Bonnie)	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	TBW (Aggie)	Group Ex
9:00am	Zumba (Aggie)	Group Ex
9:00am	Cycle (Erica)	Cycle Rm
10:00am	Strength (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	TBW (Brad)	Group Ex

Thursday		
6:30am	Cycle (Lou)	Cycle Rm
7:00am	Tabata (Brad)	Group Ex
8:00am	Cycle (Martin)	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 (Joanne)	Group EX
11:05am	Water Ex. (Bonnie)	Pool
12:00pm	Water Ex. (Mary)	Pool
12:00pm	Smooth Weights (Joanne)	Group Ex
4:45pm	Zumba (Joan)	Group Ex
5:30pm	Wheels & Steel (Brielle)	Cycle Rm

Friday		
6:00am	Yoga (Sharon)	Group Ex
7:00am	Cycle (Debbie)	Cycle Rm
7:00am	Strength (Brad)	Group Ex
8:00am	Barre (Erica)	Group Ex
9:00am	Zumba (Mark)	Group Ex
9:00am	Cycle (Bonnie)	Cycle Rm
10:00am	Cardio-Sculpt (Deb M)	Group Ex
11:00am	Yogalates (Deb M)	Group Ex
11:05am	Water Ex. (TBA)	Pool
12:00pm	Smooth Moves (Deb M)	Group Ex

Saturday		
7:15am	Yoga (Nancy)	Group Ex
7:15am	Cycle (Deb M)	Cycle Rm
7:30am	Barre/Core (TBA) 1HR	Art 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. (Chris)	Pool

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

**MATS ARE NOT PROVIDED**

	Water Classes
	Cycle Classes
	Court Yard

### Hours of Operation:

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

### 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.

**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.

**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.

**Tai Chi:** 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:** 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

### 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

