

SEA ISLE CITY RECREATION

November 2017

COMMIT TO BE FIT

TOTAL BODY FITNESS (ADULTS)

MONDAYS, WEDNESDAYS & FRIDAYS

COMMUNITY LODGE 9AM-10:15AM

\$5/CLASS OR \$40 FOR TEN CLASSES

YOGA (ALL AGES)

WEDNESDAYS 7PM-8:15PM

FRIDAYS 7:30AM-8:30AM

\$10 CLASS – COMMUNITY LODGE

SITFIT SENIORS

MONDAYS, WEDNESDAYS & FRIDAYS

2:45PM – 3:30PM

NO FEE – RECREATION CENTER

CHAIR YOGA (ADULTS)

TUESDAYS & THURSDAYS

1PM

NO FEE – RECREATION CENTER

WHAT'S NEW?

YOUTH LOUNGE/REC ROOM IS OPEN

FEATURING TABLE TENNIS, FOOSBALL, BOARD GAMES

Wii GAMING SYSTEM & COMPUTER USE, LEGO TABLE

3:30PM – 5PM MON-FRI (EXCLUDING ZEN DEN TIME)

ZEN DEN - QUIET TIME FOR ALL

A SPACE HELD FOR QUIET STILLNESS AND MEDITATION

REC ROOM – THURSDAYS 4:30PM-5PM

OPEN GYM HOURS EXTENDED

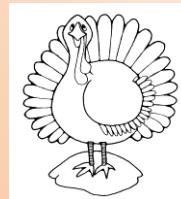
MON-FRI 9AM-5PM

FEATURING GYMNASIUM/BASKETBALL COURT

INDOOR PICKLEBALL AVAILABLE, VOLLEYBALL NETS AVAILABLE,

BADMINTON, JUMP ROPES, DODGEBALL

ALPHABET WORKOUT, WALKERCISE WORKOUT & CONDITIONING EXERCISES



ART CLASSES



“Thanksgiving/Fall Crafts”

Tot Arts & Crafts – November 14 (11am-Noon) - \$5 fee

- Tot must be accompanied by an adult

After School – November 16 (4pm-5pm) - \$5 fee

- School aged children

Must pre-register by calling 263-0050

Limited space available

ACTIVITIES IN THE GYMNASIUM

MEN'S BASKETBALL

WEDNESDAYS 6:30PM-9PM

BOY SCOUTS TROOP 76 MEETINGS

FRIDAYS - 5PM-8PM

OVER 40 MEN'S BASKETBALL

SATURDAYS - 7AM-10AM



RECREATION CENTER -4501 PARK RD

CLOSED ON NOVEMBER 7,10,23,24

IN OBSERVANCE OF CITY HOLIDAYS