

# Sea Isle City Recreation – 4501 Park Rd

## February 2017

### Monday (Closed 2/13 & 2/20 – City Holidays)

<b>Total Body Fitness</b>	9am-10:15am (Community Lodge)
<b>Open Gym</b>	9am-4pm
<b>Sit and Be Fit</b>	2:45pm-3:30pm
<b>Youth Basketball (Pick-Up)</b>	6pm-7pm
<b>Co-ed Adult Basketball (Pick-Up)</b>	7pm-9pm



### Tuesday

<b>Open Gym</b>	9am-4pm
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### Wednesday

<b>Total Body Fitness</b>	9am-10:15am (Community Lodge)
<b>Open Gym</b>	9am-4pm
<b>Sit and Be Fit</b>	2:45pm-3:30pm
<b>Instructional B-Ball</b>	5pm-6pm (2/8, 2/15, 2/22)
<b>Yoga</b>	7pm-8:15pm (Community Lodge)
<b>Men's Basketball</b>	6:30pm-9pm

All programs located at 4501 Park Rd  
unless otherwise noted

### Friday

<b>Yoga</b>	7:30am-8:30am (Community Lodge)
<b>Total Body Fitness</b>	9am-10:15am (Community Lodge)
<b>Open Gym</b>	9am-4pm
<b>Sit and Be Fit</b>	2:45pm-3:30pm
<b>Boy Scout Troop #76 Meeting</b>	5pm-8pm

### Saturday

<b>Over 40 Men's Basketball</b>
7am-10am

