

Sea Isle City Recreation – 4501 Park Rd

February 2017

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

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



Tuesday

Open Gym	9am-4pm
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Wednesday

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

Thursday

Open Gym	9am-4pm
Adult Volleyball	7pm-9pm

All programs located at 4501 Park Rd
unless otherwise noted

Friday

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

Saturday

Over 40 Men's Basketball
7am-10am

