

SEA ISLE CITY RECREATION

OCTOBER 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

1PM

NO FEE – RECREATION CENTER

BEGINS OCT 17

WHAT'S NEW?

COME PLAY ON OUR NEW OUTDOOR PICKLEBALL COURTS

FREE – OPEN TO THE PUBLIC

LOCATED ON WEST JERSEY AVE

YOUTH LOUNGE/REC ROOM IS OPEN

FEATURING TABLE TENNIS, FOOSBALL, BOARD GAMES

Wii GAMING SYSTEM & COMPUTER USE

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

ZEN DEN - QUIET TIME FOR ALL

REC ROOM – THURSDAYS 4:30PM-5PM

BEGINS OCT 19

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

