Sea Isle City's Division of Recreation Offers Many Ways to Stay Fit

Total Body Fitness Classes (Adults): Get your body moving with these invigorating fitness classes on Mondays, Wednesdays & Fridays, year-round, 9:00 AM, in the Community Lodge. $5 per person, or $40 for 10 classes.

Sit-Fit Seniors: These low impact, seated fitness classes are offered on Mondays, Wednesdays & Fridays, year-round, 10:30 AM, in the Community Lodge. No fee.

Walking Club: Grab your walking shoes and meet new friends on Tuesdays & Thursdays, year-round, at 10:00 AM, 57th to 29th Street on the Promenade. No fee. Participants can register online in advance on “Rec Desk” to keep track of steps and possibly win a prize (seaislerec.recdesk.com).

Zumba Classes: Depending on space and instructor availability, Pop-Up Zumba Classes will be offered during the off-season on Saturday mornings at 9:00 AM inside the Community Lodge, starting with a class October 12. $5 per person. Please check the Recreation Office’s Web Page or phone 609-263-0050 for future dates.

NJ Beach Yoga (All Ages & Levels): This autumn, Yoga Classes will take place inside the Community Lodge on Tuesdays at 6:00 PM on October 8, 15 and 29, and November 12 and 19; and on Fridays at 7:30 AM on October 11, 18, and 25, and November 1, 15, and 29. There will also be a special “Soul Circle” Meditation & Reiki Class on Tuesday, November 26, at 6:00 PM in the Lodge. Online registration is required in advance. To learn more info or to register for a class, please go to https://www.njbeachyoga.com/

For more info about any of these activities, please phone the Recreation Office at 609-263-0050.