

# Sea Isle City Recreation – 4501 Park Rd

## March 2017

### Monday

<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
-----------------	---------

### 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>Yoga</b>	7pm-8:15pm (Community Lodge)
<b>Men's Basketball</b>	6:30pm-9pm

### Thursday

<b>Open Gym</b>	9am-4pm
<b>Adult Volleyball</b>	7pm-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

**Over 40 Men's Basketball**  
7am-10am

