

SEA ISLE CITY RECREATION

FEBRUARY 2019

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
NO CLASS FEB 18

CHAIR YOGA (ADULTS)

TUESDAYS & THURSDAYS
1:15PM - 2PM
NO FEE – RECREATION CENTER
NO CLASS FEB 12

WHAT'S NEW?

YOGA FOR KIDS (GRADES K-8)

THURSDAYS (4PM-4:45PM)
PLEASE BRING A YOGA MAT OR BEACH TOWEL
(A FEW MATS ARE AVAILABLE)

OPEN GYM

MON-FRI 9AM-5PM
FEATURING GYMNASIUM/BASKETBALL COURT
INDOOR PICKLEBALL AVAILABLE, VOLLEYBALL NETS AVAILABLE,
BADMINTON, JUMP ROPES, DODGEBALL
ALPHABET WORKOUT, WALKERCISE WORKOUT & CONDITIONING
EXERCISES

ACTIVITIES IN THE GYMNASIUM

MEN'S BASKETBALL

WEDNESDAYS - 6:30PM-9PM

ADULT VOLLEYBALL

THURSDAYS – 7PM-9PM

BOY SCOUTS TROOP 76 MEETINGS

FRIDAYS - 5PM-8PM

OVER 40 MEN'S BASKETBALL

SATURDAYS - 7AM-10AM

SUPERHEROES UNITE

FEBRUARY 22, 2019

6:00PM – 7:30PM



SUPERHERO TRAINING

INTERACTIVE GAMES, PAINTING CRAFT & CHARACTER SKIT

\$5/participant

Ages: 4-12

OFFICIAL SUPERHERO CARDS FOR ALL CHILDREN

CALL (609) 263-0050 TO REGISTER – limited enrollment

Registration waiver and fee due the night of event

RECREATION CENTER -4501 PARK RD

(609) 263-0050

CLOSED ON FEBRUARY 12 & 18

IN OBSERVANCE OF CITY HOLIDAY