

# **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, WALKERISE 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**