

SEA ISLE CITY RECREATION

JANUARY 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 JAN 21

CHAIR YOGA (ADULTS)

TUESDAYS & THURSDAYS

1:15PM - 2PM

NO FEE – RECREATION CENTER

WHAT'S NEW?

YOGA FOR KIDS (GRADES K-8)

THURSDAYS (4PM-4:45PM)

PLEASE BRING A YOGA MAT OR BEACH TOWEL

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

***Children 12 and under must be accompanied by an adult**

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

STAR WARS JEDI TRAINING

JANUARY 11, 2019

6:00PM – 7:30PM



JEDI TRAINING

INTERACTIVE GAMES, PAINTING CRAFT & CHARACTER SKIT

\$5/participant

Ages: 4-12

OFFICIAL JEDI LIGHT SIDE/DARK SIDE CARDS FOR ALL CHILDREN

CALL (609) 263-0050 TO REGISTER – limited enrollment (20 max)

Registration waiver and fee due the night of event

RECREATION CENTER -4501 PARK RD

CLOSED ON JANUARY 21

IN OBSERVANCE OF CITY HOLIDAY