

ADULT FITNESS



Ocean Pines Recreation & Parks continues its partnership with WOC Fitness to provide adult fitness classes for Ocean Pines residents & non-residents. The classes include Zumba®, Zumba Gold®, Total Body Fitness, Yoga, Pilates & Barre & Tone – all taught by the best instructors in the area! Join now for WOC Fitness in Ocean Pines ONLY Membership or for WOC Fitness Plus Ocean Pines Membership. Train with the best! 2 locations – 1 low cost! For more info, visit wocfitness.com or call the Rec. & Parks Dept. at 410.641.7052. For rates or to register, call WOC Fitness at 410.213.7000.



SUMMER SCHEDULE: THRU SEPT 1

— MONDAYS —

5:30pm–6:30pm: ZUMBA®

Zumba® features exotic rhythms set to high-energy Latin & international beats. Before participants know it, they're getting fit & their energy levels are soaring! There's no other fitness class like a Zumba® Fitness-Party. It's easy to do, effective & totally exhilarating, often building a deep-rooted community among returning students.

INSTRUCTOR: Mr. Chris (in the Gym)



— TUESDAYS —

5:15pm–6:30pm: YOGA

Basic asanas (postures) are presented, along with preparatory warm up and breathing techniques. This class is appropriate for those new to yoga or for those continuing students who want to further master or refine the basic postures and concepts. All levels are welcome.

Note: Please bring a mat or towel.

INSTRUCTOR: Tana

— THURSDAYS —

5:15pm–6:30pm: YOGA

INSTRUCTOR: Tana



FALL SCHEDULE: BEGINS SEPT 6

— MONDAYS —

5:30pm–6:30pm: ZUMBA®

Zumba® features exotic rhythms set to high-energy Latin & international beats. Before participants know it, they're getting fit & their energy levels are soaring! There's no other fitness class like a Zumba® Fitness-Party. It's easy to do, effective & totally exhilarating, often building a deep-rooted community among returning students.

INSTRUCTOR: Mr. Chris (in the Gym)



— TUESDAYS —

7:50pm–8:45am: ZUMBA® GOLD

INSTRUCTOR: Dona (in the Gym)

8:50pm–9:45am: TOTAL BODY FITNESS

INSTRUCTOR: Jenn (in the Gym)

5:15pm–6:30pm: YOGA

INSTRUCTOR: Tana

— WEDNESDAYS —

5:00pm–5:45pm: FUNCTIONAL STRENGTH

INSTRUCTOR: T.B.A.

5:45pm–6:30pm: PILATES

INSTRUCTOR: (varies)

— THURSDAYS —

7:50am–8:45pm: ZUMBA® GOLD

INSTRUCTOR: Dona (in the Gym)

8:50am–9:45am: PILATES

INSTRUCTOR: Bonnie (in the Gym)

5:15pm–6:30pm: YOGA

INSTRUCTOR: Liz

Stop by the Community Center for a current schedule or download a schedule at www.OceanPines.org

