

August 24 – August 31, 2026 • Recreation Programs Schedule

Monday, August 24

- **Recreation Center**
 - 9:00 AM: SilverSneakers Fitness with Maggie
 - 10:15 AM SilverSneakers Cardio Dance with Vicki
 - 11:15 AM: Gentle Yoga with Mert
 - 4:00 PM Multi-fit with Claire
 - 5:00 PM Dance Lessons with Casey
 - 6:00 PM Barre with Suzanne
- **Middleton Park Complex**
 - 8:00 AM – 1:00 PM Farmers Market
- **Oak Island Pier**
 - 8:00 AM Pier Yoga (pre-registration required)
- **Ocean Education Center**
 - 10:00AM – 2:00 PM Open

Tuesday, August 25

- **Recreation Center Fitness Classes**
 - 8:30 AM: SilverSneakers Classic Fitness with Susan
 - 9:30 AM: Gentle Yoga with Mert
 - 11:00 AM: Qigong, Breath & Movement with Jude
 - 4:00 PM – 5:30 PM: Line Dancing Club
 - 6:00 PM: Barre with Suzanne
- **Ocean Education Center**
 - 10:00AM – 2:00 PM Open

Wednesday, August 26

- **Recreation Center Fitness Classes**
 - 8:00 AM SilverSneakers Strength and Tone with Vicki
 - 9:00 AM: SilverSneakers Stability with Mary Beth
 - 1:00 PM Knitted Wire Art Class (Pre-registration required)
 - 4:30 PM Multi Fit with Claire
- **Ocean Education Center**
 - 10:00AM – 2:00 PM Open
- **Nature Center**
 - 10:00 AM – 2:00 PM Open

Thursday, August 27

- **Recreation Center**
 - 7:00 AM Gentle Sunrise & Shine Yoga with Consuelo
 - 8:00 AM Total Body Blast with Mary Beth
 - 9:00 AM SilverSneakers Circuit with Maggie
 - NOON – Nutrition Basics (pre-registration required)
 - 6:00 PM Barre with Suzanne
- **Nature Center**
 - 10:00 AM – 2:00 PM Open
- Kayak Tours
 - 10:00 AM Kayak Tour with Parks and Recreation (Pre-Registration Required)

Friday, August 28

- **Recreation Center**
 - 9:00 AM SilverSneakers Classic Fitness with Susan
 - 4:30 PM Multi Fit with Claire
- **Nature Center**
 - 10:00 AM – 2:00 PM Open
- **Middleton Park Complex**
 - 6:30 PM Summer Concert with 1-42 Band

Saturday, August 29

- **Recreation Center fitness classes**
 - 10:00 AM: Community Yoga with rotating instructors
 - 11:30 AM: Barre w/ Suzanne
- **Oak Island Pier**
 - 8:00 AM Pier yoga with rotating instructors

Monday, August 31

- **Recreation Center**
 - 9:00 AM: SilverSneakers Fitness with Maggie
 - 10:15 AM SilverSneakers Cardio Dance with Vicki
 - 11:15 AM: Senior Yoga with Mert
 - 4:00 PM Multi-fit with Claire
 - 5:00 PM Dance Lessons with Casey
 - 6:00 PM Barre with Suzanne
- **Middleton Park Complex**
 - 8:00 AM – 1:00 PM Farmers Market
- **Oak Island Pier**
 - 8:00 AM Pier Yoga (pre-registration required)
- **Ocean Education Center**
 - 10:00AM – 2:00 PM Open