

2024 SUMMER GROUP FITNESS SCHEDULE

JULY 2-SEPTEMBER 1

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------|---------------------------------------|---------------------------------------|---|---|---|---|---------------------------------------|
| YOGA | 8:00 - 9:00 AM CMCH BEACH Karen | 8:00 - 9:00 AM CMCH BEACH Karen | | | | 8:00 - 9:00 AM CMCH BEACH Karen | 8:00 - 9:00 AM CMCH BEACH Karen |
| BODY SCULPT | | | | | | 8:30 - 9:30 CMCH DECK Sharon | |
| FIT & FLEX | | | | 9:00 - 10:00 AM CMCH DECK Claudia | | | |
| CARDIO DANCE | 8:00 - 9:00 AM CMCH DECK Vickie | 8:00 - 9:00 AM CMCH DECK Vickie | 8:00 - 9:00 AM CMCH DECK Vickie | | | | |
| ZUMBA | | | 8:00 - 9:00 AM ROTARY PARK Mirsha | 9:00 - 10:00 AM ROTARY PARK Sergio <small>(BEGINS JULY 10TH)</small> | 9:00 - 10:00 AM ROTARY PARK Sergio <small>(BEGINS JULY 11TH)</small> | 9:00 - 10:00 AM ROTARY PARK Sergio <small>(BEGINS JULY 12TH)</small> | |
| TAI CHI | | | 8:00 - 9:00 AM CMCH BEACH Karen | | 8:00 - 9:00 AM CMCH BEACH Karen | | |

***NO ZUMBA AUGUST 14TH, AUGUST 15TH & AUGUST 16TH**

LOCATIONS:

CMCH DECK- Cape May Convention Hall, 714 Beach Ave. Cape May

ROTARY PARK - 400 Lafayette St. Cape May

ALL CLASSES ARE \$5 (CASH ONLY) OR PURCHASE A FITNESS CLASS DISCOUNT PASS AT CONVENTION HALL.

10 CLASSES FOR \$40, SAVE \$10!

*** SIGN IN AND PAYMENT REQUIRED TO INSTRUCTOR UPON ARRIVAL.**

City of Cape May reserves the right to cancel, combine or divide programs, change times, dates, location, instructors, and make any revisions deemed necessary without prior notice.

Weather Cancellation: Call the Cape May Recreation Office at 609-884-9565 or visit our Facebook page at www.facebook.com/capemaycity.

2024 SUMMER GROUP FITNESS SCHEDULE

JULY 2-SEPTEMBER 1

YOGA: ALL LEVELS YOGA FLOW - STRETCH, BREATHE AND RELAX. NO EXPERIENCE NECESSARY. BRING A BEACH TOWEL & WATER.

BODY SCULPT: ENJOY THIS HEART PUMPING CARDIO WORKOUT THAT TONES ALL THE MUSCLES IN YOUR BODY FROM HEAD TO TOE. THE CLASS WILL INVOLVE SOME LOW WEIGHT TRAINING. PARTICIPANTS ARE ASKED TO BRING THEIR OWN WEIGHTS AND MATS (OPTIONAL).

FIT & FLEX: FUN WORKOUT TO UPBEAT MUSIC TARGETING CARDIO FITNESS, FLEXIBILITY, BALANCE & STRENGTHENING EXERCISES. SUITABLE FOR ALL LEVELS. JOIN US AS WE MOVE, TONE & STRETCH TO KEEP FIT & ACTIVE.

CARDIO DANCE: DANCE INTO YOUR DAY WITH A FULL-BODY, 5,000+ STEP WORKOUT SET TO THE BEATS OF CATCHY SONGS! STRENGTHEN MUSCLES, IMPROVE FLEXIBILITY, BALANCE, MEMORY & MOOD! SUITABLE FOR ALL FITNESS LEVELS, MOVES ARE ADAPTABLE FROM GENTLE TO INTENSE.

ZUMBA: A FEEL-HAPPY WORKOUT THAT COMBINES A MOTIVATING FUSION OF LATIN AND INTERNATIONAL MUSIC WITH UNIQUE MOVES AND DYNAMIC COMBINATIONS OF DANCE.

TAI CHI: A SERIES OF GENTLE PHYSICAL EXERCISES AND STRETCHES.

FULL MOON BEACH YOGA
JULY 22 & AUGUST 19

CAPE MAY CONVENTION HALL BEACH

8:00 PM



Cape May Recreation Department

(609) 884-9565

TWILIGHT YOGA & MEDITATION
EVERY SUNDAY NIGHT

CAPE MAY CONVENTION HALL BEACH

8:00 PM