

2025 WINTER GROUP FITNESS SCHEDULE

JANUARY 27 – MAY 25

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YOGA			9:00 - 10:00 AM CMCH Karen		9:00 - 10:00 AM CMCH Karen		
BODY SCULPT		9:00 - 10:00 AM CMCC Sharon				10:00 - 11:00 AM CMCC Sharon	
PILATES		10:00 - 11:00 AM CMCC Sharon				9:00 - 10:00 AM CMCC Sharon	
CARDIO PUMP			8:30 - 9:30 AM CMCC Tracy		8:30 - 9:30 AM CMCC Tracy		
FIT & FLEX				9:30 - 10:30 AM CMCC Claudia			
ZUMBA				8:30 - 9:30 AM CMCC Mirsha			
INTRODUCTION TO BARRE FUSION				1:00 - 2:00 PM CMCC Karen			

LOCATIONS:

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

CMCC - Cape May Community Center, 110 Ocean 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.

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CLASS DESCRIPTIONS

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

BODY SCULPTING: LOW IMPACT, FAT BURNING FITNESS CLASS. PARTICIPANTS WORK ALL UPPER & LOWER BODY MUSCLE GROUPS WITH PROVIDED LIGHT WEIGHTS, TONING BANDS & MATS. BRING WATER & A TOWEL & HAVE FUN GETTING FIT!

PILATES: A CORE BASED, BODY IN MOTION FITNESS PROGRAM, USING LIGHT WEIGHTS, RINGS, BALLS AND MATS TO BUILD STRENGTH AND INCREASE FLEXIBILITY.

CARDIO PUMP: 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.

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

INTRODUCTION TO BARRE FUSION: A FLOWING FUSION OF YOGA, PILATES & BALLET. FULL BODY CONDITIONING & LOW IMPACT FLOW UTILIZING CHAIRS. HELPS TO IMPROVE STRENGTH AND BALANCE. ALL LEVELS WELCOME!



Cape May Recreation Department
(609) 884-9565
www.capemaycity.com