

2024 SPRING GROUP FITNESS SCHEDULE

MAY 8 – MAY 23

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YOGA			9:00 - 10:00 AM CMCH Karen		9:00 - 10:00 AM CMCH Karen		
FIT & FLEX				9:30 - 10:30 AM CMUMC Claudia			

FITNESS INSTRUCTORS NEEDED!

Download Applications at WWW.CAPEMAYCITY.COM/JOBS.

Email Applications to David Scheffler at DSCHEFFLER@CAPEMAYCITY.COM.

All inquiries call (609) 600-7525.

LOCATIONS:

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

ROTARY PARK - 400 Lafayette St. Cape May

CMUMC - Cape May United Methodist Church, 635 Washington 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 SPRING GROUP FITNESS SCHEDULE

CLASS DESCRIPTIONS

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

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.

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**FULL MOON BEACH YOGA
THURSDAY, MAY 23**

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