

2025 FALL GROUP FITNESS SCHEDULE

SEPTEMBER 2 – SEPTEMBER 30

	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		9:00 - 10:00 CMCH DECK Sharon				9:00 - 10:00 CMCH DECK Sharon	
CARDIO PUMP			8:00 - 9:00 AM CMCH DECK Tracy		8:00 - 9:00 AM CMCH DECK Tracy		
FIT & FLEX				9:00 - 10:00 AM CMCH DECK Claudia			
BARRE FUSION				1:00 - 2:00 PM CMCC Karen			
ZUMBA			8:30 - 9:30 AM ROTARY PARK Mirsha	8:30 - 9:30 AM ROTARY PARK Mirsha	8:30 - 9:30 AM ROTARY PARK Sergio	8:30 - 9:30 AM ROTARY PARK Sergio	
TAI CHI			9:00 - 10:00 AM CMCH BEACH Karen		9:00 - 10:00 AM CMCH BEACH Karen		

***NO TAI CHI SEPTEMBER 9TH. NO ZUMBA SEPTEMBER 25TH & 26TH.**

LOCATIONS:

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

*RAIN LOCATION IS CAPE MAY COMMUNITY CENTER, 110 OCEAN ST. CAPE MAY

ROTARY PARK - 400 Lafayette St. Cape May

*THERE IS NO RAIN LOCATION FOR ZUMBA

ALL CLASSES ARE \$5 (CASH ONLY)

OR PURCHASE A FITNESS CLASS DISCOUNT PASS –

10 CLASSES FOR \$40 – SAVE \$10!

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

Weather Cancellation: Call the Cape May Recreation Office at 609-884-9526 or visit our Facebook page at www.facebook.com/capemaycity.

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.

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SEPTEMBER 2 – SEPTEMBER 30

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

BODY SCULPT: 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!

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.

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

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
SEPTEMBER 7TH

CAPE MAY CONVENTION HALL BEACH

8:00 PM



Cape May Recreation Department
(609) 884-9526

TWILIGHT YOGA & MEDITATION
EVERY SUNDAY NIGHT

CAPE MAY CONVENTION HALL BEACH

8:00 PM