

# 2023-2024 FALL / WINTER GROUP FITNESS SCHEDULE

## OCTOBER 22 – MAY 23

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ZUMBA				8:00 - 9:00 AM ROTARY PARK Sergio OCT. 25 - NOV. 29 ONLY NO CLASS NOV. 1			
YOGA			9:00 - 10:00 AM CMCH Karen		9:00 - 10:00 AM CMCH Karen		
BODY SCULPT		8:30 - 9:30 AM CMUMC Sharon				8:30 - 9:30 AM CMUMC Sharon	
CARDIO PUMP			8:30 - 9:30 AM CMUMC Tracy		8:30 - 9:30 AM CMUMC Tracy		
FIT & FLEX				9:30 - 10:30 AM CMUMC Claudia			

### 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](http://www.facebook.com/capemaycity).***

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## CLASS DESCRIPTIONS

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

**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!

**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.

**FULL MOON BEACH YOGA**

**SATURDAY, OCTOBER 28**

**CAPE MAY CONVENTION HALL**



Cape May Recreation Department  
(609) 884-9565  
[www.capemaycity.com](http://www.capemaycity.com)