

2025-2026 WINTER GROUP FITNESS SCHEDULE

OCTOBER 1 – MAY 21



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

***NO CLASSES NOVEMBER 27TH, DECEMBER 24TH, 25TH, 31ST & JANUARY 1ST. *NO ZUMBA IN JANUARY.**

LOCATION:

CMCC - Cape May Community Center
110 Ocean St. Cape May

**ALL CLASSES ARE \$10 (CASH ONLY) OR PURCHASE A FITNESS CLASS
DISCOUNT PASS – 10 CLASSES FOR \$60 – SAVE \$40!**

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

Cancellations: Call the Cape May Community Center 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.