

# 2026 SUMMER GROUP FITNESS SCHEDULE

## MAY 22 – SEPTEMBER 7



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>YOGA</b>	8:00 - 9:00 AM CMCH BEACH Barbara	8:00 - 9:00 AM CMCH BEACH Karen				8:00 - 9:00 AM CMCH BEACH Karen	8:00 - 9:00 AM CMCH BEACH Karen
<b>BODY SCULPT</b>		9:00 - 10:00 CMCH DECK Sharon				9:00 - 10:00 CMCH DECK Sharon	
<b>CARDIO PUMP</b>			8:00 - 9:00 AM CMCH DECK Tracy		8:00 - 9:00 AM CMCH DECK Tracy		
<b>FIT &amp; FLEX</b>				9:00 - 10:00 AM CMCH DECK Claudia			
<b>BARRE FUSION</b>				1:00 - 2:00 PM CMCC Karen			
<b>ZUMBA</b>		8:30 - 9:30 AM ROTARY PARK Mirsha	8:30 - 9:30 AM ROTARY PARK Sergio	8:30 - 9:30 AM ROTARY PARK Mirsha	8:30 - 9:30 AM ROTARY PARK Sergio	8:30 - 9:30 AM ROTARY PARK Sergio	
<b>TAI CHI</b>			9:00 - 10:00 AM CMCH BEACH Karen		9:00 - 10:00 AM CMCH BEACH Karen		

### 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 \$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.

***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).***

***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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## MAY 22 – SEPTEMBER 7

**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 WEIGHTS, & TONING BANDS. BRING A MAT, WATER & A TOWEL & HAVE FUN GETTING FIT!**

**CARDIO PUMP: A FULL-BODY, HEART-POUNGING WORKOUT THAT BLENDS UPBEAT CARDIO WITH STRENGTH-TRAINING ESSENTIALS. YOU'LL MOVE THROUGH DYNAMIC INTERVALS USING WEIGHTS, RESISTANCE BANDS, AND BODY-SCULPTING EXERCISES DESIGNED TO TONE EVERY MAJOR MUSCLE GROUP. PLEASE BRING YOUR OWN MAT FOR FLOOR WORK.**

**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**

**MAY 31, JUNE 30, JULY 29,**

**AUGUST 28, & SEPTEMBER 25**

**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**