

2026 SUMMER GROUP FITNESS SCHEDULE

MAY 22 – SEPTEMBER 7



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YOGA	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
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 Tracy			
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 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	
TAI CHI			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.

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