

2023-2024 FALL / WINTER GROUP FITNESS SCHEDULE

NOVEMBER 15 - MAY 23

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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.

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CLASS DESCRIPTIONS

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