



2026 FALL GROUP FITNESS SCHEDULE

OCTOBER 15 – NOVEMBER 18



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YOGA			9:00 - 10:00 AM CMCC Barbara		9:00 - 10:00 AM CMCC Barbara		
CARDIO PUMP			8:00 - 9:00 AM CMCC Tracy		8:00 - 9:00 AM CMCC Tracy		
BARRE FUSION				1:00 - 2:00 PM CMCC Tracy			
ZUMBA				8:30 - 9:30 AM CMCC Mirsha			

LOCATIONS:

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.*

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YOGA: ALL LEVELS YOGA FLOW - STRETCH, BREATHE AND RELAX. NO EXPERIENCE NECESSARY. BRING A MAT & WATER.

CARDIO PUMP: A FULL-BODY, HEART-POUNDING 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.

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.



Cape May Recreation Department
(609) 884-9565
www.capemaycity.com