

2026 FALL GROUP FITNESS SCHEDULE

SEPTEMBER 8 – SEPTEMBER 30



	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 AM CMCH DECK Sharon				9:00 - 10:00 AM CMCH DECK Sharon	
CARDIO PUMP			8:00 - 9:00 AM CMCH DECK Tracy		8:00 - 9:00 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	9:00 - 10:00 AM CMCH DECK 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		

****NO CARDIO PUMP ON SEPTEMBER 17, SEPTEMBER 22, SEPTEMBER 24****

LOCATIONS:

CMCH DECK/BEACH - 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.**

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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SEPTEMBER 8 – SEPTEMBER 30

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-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.

TAI CHI: A SERIES OF GENTLE PHYSICAL EXERCISES AND STRETCHES.

FULL MOON BEACH YOGA
SEPTEMBER 25TH

CAPE MAY CONVENTION HALL BEACH
8:00 PM



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

TWILIGHT YOGA & MEDITATION
SUNDAY'S UNTIL 9/27
CAPE MAY CONVENTION HALL BEACH