

2023 FALL GROUP FITNESS SCHEDULE

SEPTEMBER 5 – OCTOBER 14

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ZUMBA			8:00 - 9:00 AM ROTARY PARK Sergio	8:00 - 9:00 AM ROTARY PARK Sergio	8:00 - 9:00 AM ROTARY PARK Sergio	8:00 - 9:00 AM ROTARY PARK Sergio	
YOGA	8:00 - 9:00 AM CMCH BEACH Karen	8:00 - 9:00 AM CMCH BEACH Karen		8:00 - 9:00 AM CMCH BEACH Lillian	10:00-11:00AM ROTARY PARK Lillian	8:00 - 9:00 AM CMCH BEACH Karen	8:00 - 9:00 AM CMCH BEACH Karen
BODY SCULPT		8:30 - 9:30 AM CMCH DECK Sharon				8:30 - 9:30 AM CMCH DECK Sharon	
CARDIO PUMP			8:30 - 9:30 AM CMCH DECK Tracy		8:30 - 9:30 AM CMCH DECK Tracy		
TAI CHI			8:00 - 9:00 AM CMCH BEACH Karen		8:00 - 9:00 AM CMCH BEACH Karen		
FIT & FLEX				9:30 - 10:30 AM CMCH DECK Claudia			
MINDFULNESS 101					9:00 - 10:00 AM ROTARY PARK Lillian		

LOCATIONS:

CMCH BEACH/DECK - Cape May Convention Hall, 714 Beach Ave. Cape May

ROTARY PARK - 400 Lafayette 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

ZUMBA: A FEEL-HAPPY WORKOUT THAT COMBINES A MOTIVATING FUSION OF LATIN AND INTERNATIONAL MUSIC WITH UNIQUE MOVES AND DYNAMIC COMBINATIONS OF DANCE.

YOGA: ALL LEVELS YOGA FLOW - STRETCH, BREATHE AND RELAX. NO EXPERIENCE NECESSARY. BRING A BEACH TOWEL & 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).

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

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.

MINDFULNESS 101: LEARN A SERIES OF DIFFERENT EXERCISES EACH WEEK, FROM WALKING MEDITATION TO BREATH PRACTICES TO VARIOUS STYLES OF MEDITATION. BRING YOUR CURIOSITY AND A CUSHION OR MAT TO SIT ON.
NO EXPERIENCE NECESSARY.

FULL MOON BEACH YOGA

FRIDAY, SEPTEMBER 29

SATURDAY, OCTOBER 28

CAPE MAY CONVENTION HALL BEACH

8:00 PM



Cape May Recreation Department

(609) 884-9565

www.capemaycity.com

TWILIGHT YOGA & MEDITATION

EVERY SUNDAY

IN SEPTEMBER

CAPE MAY CONVENTION HALL BEACH

8:00 PM