

## FITNESS CLASS DESCRIPTIONS

### JAZZ AEROBICS WITH CLAUDIA VON SAVAGE OR TRACY NERI

UPBEAT MUSIC AND JAZZ DANCE STYLE ROUTINES  
KEEP YOU MOVING AND MOTIVATED TO GET IN SHAPE.  
GREAT FOR ADULTS WITH NOT MUCH AEROBICS EXPERIENCE.  
CLASSES HELD AT THE **FRANKLIN STREET CIVIC CENTER. (FSCC)**

### ZUMBA WITH ANGIE

ZUMBA FITNESS IS A FEEL- HAPPY WORKOUT THAT COMBINES A MOTIVATING FUSION OF LATIN AND INTERNATIONAL MUSIC WITH UNIQUE MOVES AND DYNAMIC COMBINATIONS THAT ALLOW PARTICIPANTS TO DANCE AWAY THEIR WORRIES. IT IS BASED ON THE PRINCIPLE THAT A WORKOUT SHOULD BE "FUN AND EASY TO DO."  
CLASSES HELD AT THE **FRANKLIN STREET CIVIC CENTER. (FSCC)**

### YOGA WITH KAREN MANETTE BOSNA OR CHRISTINE DENNISON

ALL LEVELS AND EXPERIENCE OF YOGA - STRETCH, BREATHE AND RELAX.  
NO PREVIOUS YOGA EXPERIENCE REQUIRED.  
CLASSES HELD AT THE **CAPE MAY CONVENTION HALL BEACH (CMCH BEACH)**  
AND THE **FRANKLIN STREET CIVIC CENTER. (FSCC)**  
**BRING A BEACH TOWEL!**

### TAI CHI WITH KAREN MANETTE BOSNA

ALL LEVELS THE ESSENCE & FUNDAMENTALS" MOVING MEDITATION.  
POSTURE ALIGNMENT, GENTLE MOVEMENT, BREATH PRACTICE AND RELAXATION.  
TAI CHI PROMOTES INCREASED BALANCE, CIRCULATION,  
MUSCLE TONE, FLEXIBILITY AND HELPS TO REDUCE STRESS.  
CLASSES HELD AT THE **FRANKLIN STREET CIVIC CENTER. (FSCC) BRING A MAT!**

### CARDIO PUMP WITH TRACY NERI

ENJOY THIS HEART PUMPING CARDIO WORK OUT 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)  
CLASSES HELD AT THE **FRANKLIN STREET CIVIC CENTER. (FSCC)**

**CHECK OUT OUR WEBSITE!**

**[WWW.DISCOVERCAPEMAYNJ.COM](http://WWW.DISCOVERCAPEMAYNJ.COM)**



## FALL/WINTER

## CAPE MAY RECREATION

# GROUP FITNESS

## CLASS SCHEDULE



**FALL CLASS SCHEDULE BEGINS TUESDAY, SEPTEMBER 5**

**\$5 A CLASS • PAY THE INSTRUCTOR**

**THE CITY OF CAPE MAY DEPARTMENT OF TOURISM, RECREATION,**

**AND CIVIC AFFAIRS AT:**

**(609) 884-9565**

**DISCOVERCAPEMAYNJ.COM • RECDEPT@CAPEMAYCITY.COM**

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**FITNESS CLASS PASSES TEN (10) CLASSES FOR \$40, CARDS CAN BE PURCHASED AT CAPE MAY CONVENTION HALL OR \$5 A CLASS**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ZUMBA			9AM - 10AM FSCC INSTRUCTOR: ANGIE		9AM - 10AM FSCC INSTRUCTOR: ANGIE		9AM - 10AM FSCC INSTRUCTOR:ANGIE
JAZZ AEROBICS		9:00AM - 10:00AM FSCC INSTRUCTOR: TRACY		9:30AM - 10:30AM FSCC INSTRUCTOR: CLAUDIA		9:00AM - 10:00AM FSCC INSTRUCTOR: CLAUDIA	
YOGA							10AM - 11AM FSCC INSTRUCTOR: KAREN
TAI CHI							11AM - 12PM FSCC INSTRUCTOR: KAREN
CARDIO PUMP					5:00PM - 6:00PM FSCC INSTRUCTOR: TRACY		

**CAPE MAY CONVENTION HALL BEACH - (CMCH BEACH)** LOCATED DIRECTLY IN FRONT OF CONVENTION HALL.  
**FRANKLIN STREET CIVIC CENTER - (FSCC)** IS LOCATED AT 720 FRANKLIN ST., CAPE MAY, NJ - **USE REAR ENTRANCE**

**609-884-9565 • DiscoverCapeMayNJ.com**

The 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 cancellations:** call the Cape May Recreation Office at 609-884-9565 Or visit our [Facebook](https://www.facebook.com/capemaycity) page at [www.facebook.com/capemaycity](https://www.facebook.com/capemaycity)