

FITNESS CLASS DESCRIPTIONS

JAZZ AEROBICS WITH CLAUDIA VON SAVAGE

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/BEACH YOGA WITH KAREN MANETTE BOSNA

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!
BEACH YOGA FINISHES OCTOBER 27TH - 28TH

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.CAPEMAYCITY.COM

FOLLOW US!   



2019 Fall

CAPE MAY RECREATION

Group Fitness

CLASS SCHEDULE



FALL CLASS SCHEDULE BEGINS MONDAY, SEPTEMBER 2
\$5 A CLASS (CASH ONLY) • PAY THE INSTRUCTOR
THE CITY OF CAPE MAY DEPARTMENT OF TOURISM, RECREATION,
AND CIVIC AFFAIRS AT:
(609) 884-9565
CAPEMAYCITY.COM
RECDEPT@CAPEMAYCITY.COM

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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEACH YOGA *UNTIL OCT. 26TH AND 27TH	8AM-9AM CMCH BEACH RAIN: FSCC INSTRUCTOR: KAREN						8AM-9AM CMCH BEACH RAIN: FSCC INSTRUCTOR: KAREN
ZUMBA			8:30AM - 9:30AM FSCC INSTRUCTOR: ANGIE		8:30AM - 9:30AM FSCC INSTRUCTOR: ANGIE		9AM - 10AM FSCC INSTRUCTOR: ANGIE
JAZZ AEROBICS				9:30AM - 10:30AM FSCC INSTRUCTOR: CLAUDIA		9:00AM - 10:00AM FSCC INSTRUCTOR: CLAUDIA	
CARDIO PUMP		9:00AM - 10:00AM FSCC INSTRUCTOR: TRACY					
YOGA							10AM - 11AM FSCC INSTRUCTOR: KAREN

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 • CapeMayCity.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