



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE HEALTHY, BE STRONG, BELONG!

CUMBERLAND CAPE ATLANTIC YMCA | FALL I 2024 GROUP EXERCISE SCHEDULE

Session Dates: SEPTEMBER 2nd - OCTOBER 26th (8 week session, unless otherwise noted)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45-6:30am Spin (T) - Bert Rotary Room	NEW 5:45-6:30am Boot Camp - Bert Davis Room	5:45-6:30am Spin (TH) - Bert Rotary Room	NEW TIME 8:15-9:00am Circuit Training - Joe FH&AC	7:45-8:45am Spin 2.0 - Bert Rotary Room
NEW TIME 7:15-8:15am Spin - Bert Rotary Room	NEW DAY 8:15-9:00am Chair Yoga - Cheri Riggins Room	NEW DAY 8:15-9:00am Chair Fit For Life - Joe Riggins Room	NEW TIME 8:15-9:00am Chair Yoga - Pam Riggins Room	9:15-10:00am FUNctional Fridays - Rebecca Riggins Room	NEW 9:00-9:45am Slow Flow Vinyasa Yoga - Cheri Riggins Room
NEW DAY 8:15-9:00am Chair Fit For Life - Pam Riggins Room	9:15-10:00am Strength Train Together (T) - Pam Riggins Room	NEW 8:15- 9:00am Walking For Success - Pam MPC	NEW 8:30-9:00 Walking For Success - Chris MPC	NEW 9:15-10:00am Spin for Beginners - Kathy Rotary Room	10:30-11:30am Zumba™ - Megan Riggins
NEW 9:15-9:45 Walking For Success - Chris MPC	9:15-10:00am Barre Above (T) - Chris Davis Room	NEW 9:15-10:00am Spin for Beginners - Larry Rotary Room	9:15-10:00am Strength Train Together (TH) - Pam Riggins Room	NEW TIME 9:15-10:00am Chair Fit For Life - Joe Davis Room	
9:15-10:00am Tonezone - Candice Riggins Room	9:15-10:00am Spin - Maura Rotary Room	9:15-10:00am Cardio Strength - Maura Riggins Room	9:15-10:00am Barre Above (TH) - Chris Davis Room	10:15-11:00am STRONG 45 - Donna Riggins Room	
9:15-10:00am Cardio Strength - Bert Davis Room	10:15-11:00am Stability Ball - Chris Riggins Room	NEW 9:15-10:00am Low Impact Step - Cheri Davis Room	10:15-11:00am DrumFIT® - Valerie Riggins Room	<p>TRY OUR NEW YMCA360 Find it on the web at YMCA360.ORG</p>  <p>Or Download the APP Today</p> <p>CCA YMCA SIGNATURE PROGRAMS</p> <ul style="list-style-type: none"> • LiveSTRONG • Blood Pressure Self Monitoring • Prevent T2 Diabetes Program - New Live Virtual Class Starting Soon <p>See Pam Heaton for more details pheaton@ccaymca.org or 856-691-0030 x. 114</p> <p>Please Note</p> <ul style="list-style-type: none"> • Please come prepared to class in appropriate attire; comfortable clothing/sneakers • Please bring your own yoga Mat <p>Turn over for class descriptions</p>	
10:15-11:00am Gentle Yoga - Pam Riggins Room	10:15-11:00am Gentle Yoga - Cheri Davis Room	NEW ROOM 9:15-9:45am Chair Tone & Stretch - Pam MPC	6:00-6:45pm Sonic Spin (TH) - Marisol/Mayra Rotary Room		
NEW 5:00-5:45pm Hatha Yoga - Tracey Davis Room	5:15-6:00pm DrumFIT® - Valerie Riggins Room	10:15-11:00am Zumba Gold™ - Megan Riggins Room	6:15-7:00pm Cardio Drumming - Donna Riggins Room		
6:00-7:00pm Strength Train Together (M) - Rebecca Davis Room	6:00-6:45pm Sonic Spin (T) - Marisol/Mayra Rotary Room	NEW 5:00-5:45pm Vinyasa Flow Yoga - Cheri Davis Room	6:00-7:00pm Kickboxing (TH) - Orlando Davis Room		
6:00-7:00pm Strong Nation™ (M) - Donna Riggins Room	6:00-7:00pm Kickboxing (T) - Orlando Davis Room	6:00-7:00pm Strong Nation™ (W) - Donna Riggins Room	7:15-8:15pm Y Muscle Max (TH) - Orlando Riggins Room		
7:15-8:15pm Yin Fusion Yoga - Candice Davis Room	7:15-8:15pm Y Muscle Max (T) - Orlando Riggins Room	6:00-7:00pm Strength Train Together (W) - Megan Davis Room	7:15-8:15pm Zumba™ - Megan Davis Room		
7:15-8:15pm Zumba™ - Megan Riggins Room	7:15-8:00pm Slow Flow Vinyasa Yoga - Lynne Davis Room	NEW 7:15-7:45pm CIRCL Mobility™ - Megan Davis Room			
		7:15-8:15pm Zumba™ - Carmen Riggins Room			

CLASS DESCRIPTIONS

CLASS NAME	DESCRIPTION
Barre Above	Low-impact workout combining movements of pilates, yoga and ballet. This fun class moves quickly, incorporates a variety of equipment, and is suitable for a wide range of levels. Benefits include improved strength, flexibility, posture and balance. Bring your own Mat
BOOT Camp	This circuit station style class offers a perfect opportunity to increase your strength and all-around fitness in a boot camp style setting. Bring your own Mat
Cardio Drumming / DrumFIT®	Designed for all fitness levels. Gets your entire body moving by incorporating muscle conditioning, cardiovascular exercise, and interval training in a fun way. Drumsticks, fitness ball, high energy music, and specially choreographed routines will help burn those calories.
Cardio Strength	This full body workout class utilizes both hand weights and body weight that is followed up with heart pumping cardio exercises which will help increase your endurance and functional strength. This class is for all levels. Bring your own Mat
Chair Fit For Life	This low impact total-body workout is appropriate for all fitness levels and is designed to increase flexibility, joint stability, balance, coordination, agility, and muscular strength. You will use a chair, balls, light weights, and resistant bands.
Chair Tone & Stretch	This low impact total-body workout is appropriate for all fitness levels. This class is designed to increase flexibility, joint stability, coordination, agility, muscular strength and raise your cardio endurance. You will use light hand weights and resistant bands.
Chair Yoga	Gentle form of yoga designed for those who have difficulty getting up and down off the floor. You will increased circulation, balance, flexibility, mobility, and strength. Great for arthritis, osteoporosis, and those with limited mobility.
CIRCL Mobility™	This Class combines flexibility, breathwork, and mobility exercises to help you move easier and more effectively. Bring your own Mat
Circuit Training	This instructor lead class is designed for members with little to no experience with gym equipment. This group lead class gives you a chance to strength train on equipment in a group setting. This is a low impact circuit training class.
FUNctional Fridays	This cardio & strength training class utilizes a variety of resistance equipment & body weight exercises. Bring your own Mat
Gentle Yoga	This class is designed to stretch and relax your muscles. With gentle sequences you will slow down the mental activity of the brain, shift emotional patterns, and bring ease to the breath. Yoga at your own pace! Bring your own Mat
Hatha Yoga	Yoga at your own pace! Gentle sequences slow down mental activity of the brain, shift emotional patterns, and bring ease to the breath. Bring your own Mat
Kickboxing	Combination of kicking and punching techniques to build stamina, improve coordination and flexibility. Burn calories as you build lean muscle in this high-energy workout. This class challenges the beginner and elite athlete alike. Bring your own Mat
Low Impact Step	Low-impact cardio workout using a step to choreographed music
Slow Flow Vinyasa Yoga	Relax, rejuvenate, and refocus through Yoga. Work on your breathing, flexibility, and all over well-being in this class. Bring your own Mat
Spin for Beginners	Lower Intensity class, but you will still get your cardio in! This class is designed to improve cycling power, endurance, and efficiency.
Sonic Spin/Spin	Medium to High Intensity class offers a challenging ride with fun energizing music. It's the perfect opportunity to get your heart pumping to build cardiovascular strength and endurance while burning some serious calories. Designed for all fitness levels.
Spin 2.0	High Intensity, hour packed class of high energy that will test your level of endurance and strength. With fast sprints and heavy climbs all timed to music, you'll be counting down the hours till you're back in the saddle again.
Stability Ball	A low impact conditioning class appropriate for all levels using a Stability Ball with movements that provide insecurity for greater core activation. Benefits back, spine, core strength, and muscle balance. Bring your own Mat
Strength Train Together	Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music in a motivating group atmosphere. Bring your own Mat
STRONG Nation/STRONG 45™	A high intensity, full body workout that combines body weight, resistance style, muscle conditioning, cardio and plyometric training movements synced to customized music to give you a challenging yet safe way to increase your fitness level. Bring your own Mat
ToneZone	A series of exercises designed to build strength in your upper/lower body, core and stability. Bring your own Mat
Vinyasa Flow Yoga	Med. intensity, rejuvenate and refocus through a series of asana in a flowing sequence. Practice breathing, flexibility, & all over well-being. Bring your own Mat
Walking For Success	Walking class and whole body workout while listening to great tunes.
Y Muscle Max	This class will increase your muscle strength and endurance using a variety of resistance equipment and body weight.
Yin Fusion Yoga	Asana held passively for a length of time, followed by movements that allow for joints to move through their full range of motion, promoting overall well-being of the body and mind. Bring your own Mat
Zumba™ / Zumba Gold™	This Latin-inspired dance class is an interval workout moving between high and low intensity dance moves designed to get your heart rate up and boost cardio endurance. This class will leave you feeling good and sweaty!

FALL I 2024 SESSION RUNS SEPTEMBER 2ND - OCTOBER 26TH (8 week session, unless otherwise noted)

ALL Group Exercise classes are included in a Facility Membership

Ages 15 and up are welcome to participate in any of our group exercise class. Note: classes may be cancelled due to low participation. It is important to register and regularly attend classes. If you are not able to continue in a class, please let Member Services know so you can be removed from the class.

FEES:

Facility Members: FREE

Program Members:

1 day - \$54.00

2 days - \$73.00

3 days - \$84.00

GROUP EXERCISE ATTENDANCE POLICY

- Registration spots for each class are limited due to room capacity. In the event that a class registration is full, members may opt to be put on the waitlist.
- If 3 consecutive classes are missed, member will be removed from class roster & will need to register again (if space allows)
- Members on wait list will be moved onto the roster in the order they were added to the wait list. They will be contacted to notify them of the change as.
- For those whom are not registered but are on the wait list, we still encourage you to attend class, in the event not everyone registered attends. Please check in with Instructor prior to the start of class to ensure there is room.