



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE HEALTHY, BE STRONG, BELONG!

CUMBERLAND CAPE ATLANTIC YMCA | SPRING II 2022 GROUP EXERCISE SCHEDULE

Session Dates: APRIL 25th – JUNE 19th (8 week session, unless otherwise noted)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:00am Pilates Fusion - Lannie Davis Room/Live Virtual					
8:30-9:00am Gentle Chair Yoga - Pam Riggins Room/ Live Virtual	8:30-9:00am Fit for Life - Pam Riggins Room/ Live Virtual	8:30-9:00 am Gentle Chair Yoga - Pam Riggins Room/ Live Virtual	8:30-9:00am Fit for Life - Pam Riggins Room/ Live Virtual	NEW! 8:30-9:00am Circuit Training For Beginners - Joe Family Health & Adventure Center	9:00-10:00am Gentle Stretch Yoga - Noelle Davis Room
9:15-10:00am Raise Praise & Tone - Donna Riggins Room/Live Virtual	9:15-10:00am Strength Train Together -Pam Riggins Room	9:15-10:15am Zumba™ - Megan Riggins Room/Live Virtual	9:15-10:00am Strength Train Together - Pam Riggins Room	9:15-10:00am Cardio & Strength - Rebecca Riggins Room	
NEW! 9:15-9:45am Chair DrumFIT® - Judy Davis Room	10:15-11:00am Gentle Stretch Yoga - Pam Riggins Room/Live Virtual	NEW! 9:15-9:45am Chair Kickboxing - Damaris Davis Room	NEW! 10:15-11:00am DrumFIT® - Valerie Riggins Room/Live Virtual	NEW! 9:15-9:45am Fit for Life - Damaris Davis Room	10:30-11:30am Zumba™ - Megan Riggins Room/Live Virtual
NEW! 10:15-11:00am DrumFIT® - Judy Riggins Room	4:00-4:45pm Spin & Stretch - Christine Rotary Room		4:00-4:45pm Spin & Stretch - Christine Rotary Room		
	NEW! 5:00-5:45pm DrumFIT® - Valerie Riggins Room/Live Virtual	5:00-5:45pm Ab & Booty Bootcamp - Donna Riggins Room			
	6:00-6:45pm Sonic Spin - Marisol/Mayra Rotary Room	6:00-7:00pm Strength Train Together - Megan Riggins Room	6:00-6:45pm Sonic Spin - Marisol/Mayra Rotary Room		
6:00-7:00pm Strength Train Together - Rebecca Riggins Room	6:00-7:00pm Kickboxing - Orlando Davis Room	NEW! 6:00-7:00pm Zumba™ - Savanah Davis Room	6:00-7:00pm Kickboxing - Orlando Davis Room		
	NEW! 6:00-6:45pm Lift & Tone -Donna Riggins Room		NEW TIME! 6:00-7:00pm Cardio Drumming - Donna Riggins Room/Live Virtual		
7:00-8:00pm Yin Fusion Yoga - Candice Davis Room/Live Virtual	7:15-8:00pm Slow Flow Vinyasa Yoga - Lynne Davis Room/Live Virtual	7:15-8:00pm Dance with Strength - Inez Riggins Room	7:15-8:15pm Y Muscle Max - Orlando Riggins Room		
7:15-8:15pm Zumba™ - Megan Riggins Room/Live Virtual	7:15-8:15pm Y Muscle Max - Orlando Riggins Room		7:30-8:30pm Zumba™ - Megan MPC/Live Virtual		

GROUP EXERCISE NEW CLASSES
DrumFIT® & Chair DrumFIT® - Judy
Circuit Training For Beginners - Joe
Lift & Tone - Donna

CHALLENGES

- *YMCA 4 Week Challenge 4/1-4/28*
- *SPIN-A-THON April 22nd*
- *Dress Like The 90's On April 28th In Honor Of Our 95th YMCA ANNIVERSARY*

CCA YMCA SIGNATURE PROGRAMS

- *Live STRONG*
- *Blood Pressure Self Monitoring*
- *Diabetes Prevention Program*

-See Pam Heaton for more details
pamelaheaton@ccaymca.org
or 856-691-0030 x. 114

ZOOM LINKS FOR LIVE VIRTUAL CLASSES:

For "Live" classes, click on "Blogs" on the top of the Virtual Site screen, then select the "Virtual Group Ex class schedule" option to see all Zoom live class links.

Please Note

- We will still continue to encourage social distancing within classes, by keeping 3ft-6ft in between all members
- Our Y follows State and City Health Department COVID guidelines



Turn over for class descriptions

CLASS DESCRIPTIONS

CLASS NAME	DESCRIPTION
Cardio & Strength	This class includes cardio & strength training exercise. Strength training utilizes a variety of resistance equipment & body weight exercises.
AB & Booty Bootcamp	This music led class focuses on building and strengthening your core while toning and sculpting your abs, glutes and leg muscles. Exercise routines vary from standing to floor work and may incorporate the use of weights and steps. Please bring your own mats.
Cardio Drumming	This is a high energy music-led cardio class that will have you burning calories and toning muscles while grooving to today's top hits. Using a yoga ball, barrel, and drum sticks, the instructor will lead you through patterned drumming rhythms and functional body movements for a total body work out. A great class for all fitness levels. Recommended for each participant to bring a yoga mat, water, and sweat towel.
Chair Kickboxing	This low impact class will raise your cardio endurance. While sitting in a chair you will be combining kicks, punching techniques, and abs to build stamina and muscle strength.
NEW! Chair DrumFIT®	This half hour chair DrumFIT® class is designed for all fitness levels and gets your entire body moving by incorporating muscle conditioning, cardiovascular exercise, and interval training in a fun way while sitting in a chair. Join us as we use drumsticks, a fitness ball, high energy music, and specially choreographed routines that mix high and low intensity exercises to tone muscle and burn calories while
NEW! Circuit Training For Beginners	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.
Dance with Strength	Loads of FUN! This class is a blend of Latin Dance moves with a hint of weight training, and abdominal work!
DrumFIT®	A DrumFIT® class is designed for all fitness levels and gets your entire body moving by incorporating muscle conditioning, cardiovascular exercise, and interval training in a fun way. Join us as we use drumsticks, a fitness ball, high energy music, and specially choreographed routines that mix high and low intensity exercises to tone muscle and burn calories while you beat out some sweet rhythms and smile your way to a fit body.
Fit For life	Are you looking for a low impact total-body workout that is appropriate for all fitness levels? Then Fit for Life is the class for you. This class is designed to increase flexibility, joint stability, balance, coordination, agility, and muscular strength. You will use a chair, balls, light weights, and resistant bands while listening to the oldies but goodies music. Come out and join us!
Gentle Chair Yoga	This class is a gentle form of yoga designed for those who have difficulty getting up and down off the floor. With the help of a chair anyone can practice yoga with the same benefits of increased circulation, balance, flexibility, mobility, and strength. Chair Yoga is recommended for those with arthritis, osteoporosis, and others with limited mobility.
Gentle Stretch 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! Relax with this soothing and gentle workout!
NEW! Lift & Tone	This class focuses on endurance weight training which involves training with a high number of repetitions using lower weights. We will combine the use of dumbbells or other equipment along with body weight exercises to burn fat and tone muscles.
Spin & Stretch	This class features a cardio workout that you can adjust to your individual level as you make your heart and body stronger. Whether you'd like to bike around the neighborhood or across the county, this class will help get you into shape as you burn calories. The specialized bicycles make it possible to use a variety of positions and muscles. Stretches are also incorporated to keep you flexible. Make friends, enjoy the ride, and attain your goals!
Kickboxing	This class combines 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.
Pilates Fusion	Pilates is a strengthening and lengthening form of exercise that focuses on your core muscles while also training your arms and legs. This class can be modified for any age, body, or fitness level and is a mixture of Pilates and other body weight exercises. Please bring your own mat.
Raise Praise & Tone	This is a music led class that incorporates the use of light weight dumbbells with dance moves. These body weight exercises will give you a total body workout that will raise your heart rate and calorie burn while having fun! It is moderate to high intensity, but participants of all fitness levels are welcome! Please bring your mat.
Slow Flow Vinyasa	Relax, rejuvenate, and refocus through Yoga. Work on your breathing, flexibility, and all over well-being in this class.
Sonic Spin	This class offers a challenging 45-minute 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.
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 and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.
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.
Zumba™	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!

SPRING II 2022 SESSION RUNS APRIL 25th - JUNE 19th (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 contact the Instructor or Pam Heaton at 856-691-0030 ext. 114 to be removed from the class.

FEES:

Facility Members:
FREE

Program Members:

1 day - \$54.00

2 days - \$73.00

3 days - \$84.00