



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BE HEALTHY, BE STRONG, BELONG!

CUMBERLAND CAPE ATLANTIC YMCA | SPRING II 2024 GROUP EXERCISE SCHEDULE

**Session Dates: APRIL 22nd - JUNE 15th** (8 week session, unless otherwise noted)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-7:45am <b>Pilates Fusion</b> - Lannie Davis Room	5:45-6:30am <b>Spin</b> - Bert Rotary Room		5:45-6:30am <b>Spin</b> - Bert Rotary Room		7:45-8:45am <b>Spin 2.0</b> - Bert Rotary Room
8:00-9:00am <b>Spin</b> - Bert Rotary Room	8:15-9:00am <b>Fit For Life</b> - Pam Riggins Room	8:30-9:00am <b>Chair Yoga</b> - Pam Riggins Room	8:15-9:00am <b>Chair Fit For Life</b> - Judy Riggins Room	8:30-9:00am <b>Circuit Training For Beginners</b> - Joe FHAC	9:00-10:00am <b>Hatha Yoga</b> - Tracey Davis Room
8:15-9:00am <b>Chair Yoga</b> - Pam Davis Room	9:15-10:00am <b>Strength Train Together</b> - Pam Riggins Room	9:15-9:45am <b>Chair Tone &amp; Stretch</b> - Pam Davis Room	9:15-10:00am <b>Strength Train Together</b> - Pam Riggins Room	9:15-10:00am <b>FUNctional Fridays</b> - Rebecca Riggins Room	10:30-11:30am <b>Zumba™</b> - Megan Riggins
9:15-10:00am <b>Tonezone</b> - Candice Riggins Room	<b>NEW!</b> 10:15-11:00am <b>Gentle Yoga</b> - Cheri Davis Room	<b>NEW!</b> 9:15-10:00am <b>Cardio Strength</b> - Maura Riggins Room	10:15-11:00am <b>DrumFIT®</b> - Valerie Riggins Room	9:15-9:45am <b>Chair Fit For Life</b> - Joe Davis Room	
9:15-10:00am <b>Chair DrumFIT®</b> - Judy Davis Room		<b>NEW TIME!</b> 10:15-11:00am <b>Zumba Gold™</b> - Megan Riggins Room		<p><b>NEW GROUP EXERCISE CLASSES</b></p> <p>Vinyasa Yoga - Cheri Gentle Yoga - Cheri <b>NEW DAY!</b> Gentle Yoga - Pam Cardio Strength - Maura <b>NEW TIME!</b> Zumba Gold™</p> <p><b>TRY OUR NEW YMCA360</b></p> <p>Find it on the web at <a href="http://YMCA360.ORG">YMCA360.ORG</a> Or Download the APP Today</p> <p><b>CCA YMCA SIGNATURE PROGRAMS</b></p> <ul style="list-style-type: none"> <li>• <b>LiveSTRONG</b></li> <li>• <b>Blood Pressure Self Monitoring</b></li> <li>• <b>Prevent T2 Diabetes Program</b> - New Class Starting Soon</li> </ul> <p>See Pam Heaton for more details <a href="mailto:pheaton@ccaymca.org">pheaton@ccaymca.org</a> or 856-691-0030 x. 114</p>	
10:15-11:00am <b>DrumFIT®</b> - Judy Riggins Room			4:00-4:45pm <b>Afternoon Spinning</b> - Christine Rotary Room		
<b>NEW!</b> 10:15-11:00am <b>Gentle Yoga</b> - Pam Davis Room	4:00-4:45pm <b>Afternoon Spinning</b> - Christine Rotary Room		<b>NEW!</b> 5:00-5:45pm <b>Vinyasa Yoga</b> - Cheri Davis Room		
5:00-5:45pm <b>Hatha Yoga</b> - Tracey Davis Room	5:15-6:00pm <b>DrumFIT®</b> - Valerie Riggins Room		6:00-6:45pm <b>Sonic Spin</b> - Marisol/Mayra Rotary Room		
6:00-7:00pm <b>Strength Train Together</b> - Rebecca Riggins Room	6:00-6:45pm <b>Sonic Spin</b> - Marisol/Mayra Rotary Room	6:00-7:00pm <b>Strength Train Together</b> - Megan Riggins Room	6:00-7:00pm <b>Kickboxing</b> - Orlando Davis Room		
6:00-7:00pm <b>Strong Nation™</b> - Donna Davis Room	6:00-7:00pm <b>Kickboxing</b> - Orlando Davis Room	6:00-7:00pm <b>Strong Nation™</b> - Donna Davis Room	6:15-7:00pm <b>Cardio Drumming</b> - Donna Riggins Room		
7:15-8:15pm <b>Yin Fusion Yoga</b> - Candice Davis Room	7:15-8:15pm <b>Y Muscle Max</b> - Orlando Riggins Room		7:15-8:15pm <b>Y Muscle Max</b> - Orlando Riggins Room		
7:15-8:15pm <b>Zumba™</b> - Megan Riggins Room	7:15-8:00pm <b>Slow Flow Vinyasa Yoga</b> - Lynne Davis Room		7:30-8:30pm <b>Zumba™</b> - Megan Davis Room		

**Please Note**

- Please come prepared to class in appropriate attire; comfortable clothing/sneakers
- You are permitted to bring your own equipment, such as yoga mats, gloves, resistance bands (if required) to class, if you wish.
- We attempt to space out all participants 3-6ft away from each other during class times

[Turn over for class descriptions](#)

## CLASS DESCRIPTIONS

CLASS NAME	DESCRIPTION
<b>Chair DrumFIT®</b>	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 you beat out some sweet rhythms and smile your way to a fit body.
<b>Chair Fit For Life</b>	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!
<b>Chair Tone &amp; Stretch</b>	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 a chair, light hand weights, and resistant bands.
<b>Circuit Training For Beginners</b>	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.
<b>Chair Yoga</b>	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.
<b>Cardio Drumming / DrumFIT®</b>	This 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.
<b>NEW! Cardio Strength</b>	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.
<b>FUNctional Fridays</b>	This class includes cardio & strength training exercise. Strength training utilizes a variety of resistance equipment & body weight exercises.
<b>NEW! Gentle Yoga</b>	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! Bring your own mat.
<b>Hatha Yoga</b>	This class consists of purposefully directed bodily exercises 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 will leave class feeling energized but relaxed and free from tension.
<b>Kickboxing</b>	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.
<b>Pilates Fusion</b>	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. Bring your own mat.
<b>Slow Flow Vinyasa Yoga</b>	Relax, rejuvenate, and refocus through Yoga. Work on your breathing, flexibility, and all over well-being in this class. Bring your own mat.
<b>Spin</b>	Great cardio! This stationary bike training class is designed to improve cycling power, endurance, and efficiency.
<b>Spin 2.0</b>	This Spin class is a hour packed 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.
<b>Afternoon Spinning</b>	This class is fun, it's challenging, and it gets results. While you listen to catchy music, you can tailor the ride to meet your expectations. Spinning is more than biking fast: in addition to sprinting, we incorporate a variety of positions to use multiple muscles This emphasizes not only the legs, but core fitness, too. Beginners are encouraged to wear bike shorts and/or use a gel seat cover.
<b>Strength Train Together</b>	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.
<b>Sonic Spin</b>	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.
<b>STRONG Nation™</b>	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.
<b>ToneZone</b>	A series of exercises designed to build strength in your upper/lower body, core and stability.
<b>NEW ! Vinyasa Yoga</b>	Relax, rejuvenate, and refocus through a series of asana. We will make connection between movement and breath or as the connection between poses in a flowing sequence. Work on your breathing, flexibility, and all over well-being in this class. Bring your own mat.
<b>Y Muscle Max</b>	This class will increase your muscle strength and endurance using a variety of resistance equipment and body weight.
<b>Yin Fusion Yoga</b>	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.
<b>Zumba™ / NEW TIME! Zumba Gold™</b>	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 2024 SESSION RUNS APRIL 22nd - JUNE 15th**  
**(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