



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE HEALTHY, BE STRONG, BELONG!

CUMBERLAND CAPE ATLANTIC YMCA | SUMMER 2024 GROUP EXERCISE SCHEDULE

Session Dates: June 24 - AUGUST 17th (8 week session, unless otherwise noted)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------------------------------------------------------------|-------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 7:00-7:45am Pilates Fusion - Lannie Davis Room | 5:45-6:30am Spin - Bert Rotary Room | | 5:45-6:30am Spin - Bert Rotary Room | | |
| 8:00-9:00am Spin - Bert Rotary Room | 8:15-9:00am Chair Fit For Life - Pam Riggins Room | NEW TIME! 8:15-9:00am Chair Yoga - Pam Riggins Room | 8:15-9:00am Chair Fit For Life - Judy Riggins Room | 8:30-9:00am Circuit Training - Joe FH&AC | 7:45-8:45am Spin 2.0 - Bert Rotary Room |
| 8:15-9:00am Chair Yoga - Pam Davis Room | NEW! 8:15-9:15am Circuit Training - Joe FH&AC | NEW! 8:15-9:00am Chair Tone & Stretch - Cheri Davis Room | NEW! 8:15-8:45am Chair Yoga - Pam Davis Room | 9:15-10:00am FUNctional Fridays - Rebecca Riggins Room | |
| NEW! 8:30-9:00am Chair Tone & Stretch - Damaris MPC | 9:15-10:00am Strength Train Together - Pam Riggins Room | NEW! 9:15-9:45am Circuit Training - Ray FH&AC | 9:15-10:00am Strength Train Together - Pam Riggins Room | NEW! 9:15-10:00am Tone & Stretch - Cheri MPC | NEW! 9:00-9:45am Slow Flow Vinyasa Yoga - Cheri Davis Room |
| 9:15-10:00am Chair DrumFIT® - Judy Davis Room | NEW! 9:15-10:00am Barre Above - Chris Davis Room | 9:15-9:45am Cardio Strength - Maura Riggins Room | NEW! 9:15-10:00am Barre Above - Chris Davis Room | 9:15-9:45am Chair Fit For Life - Joe Davis Room | 10:30-11:30am Zumba™ - Megan Riggins |
| 9:15-10:00am Tonezone - Candice Riggins Room | NEW! 9:15-10:00am Spin - Maura Rotary Room | 9:15-9:45am Chair Tone & Stretch - Pam Davis Room | NEW! 9:15-9:45am Circuit Training - Ray FH&AC | NEW! 10:15-11:00am STRONG 45 - Donna Davis Room | |
| NEW! 9:15-10:00am Cardio Strength - Bert MPC | NEW! 10:15-11:00am Stability Ball - Chris Riggins Room | 10:15-11:00am Zumba Gold™ - Megan Riggins Room | 10:15-11:00am DrumFIT® - Valerie Riggins Room | | |
| NEW! 10:15-11:00am Gentle Yoga - Pam Davis Room | 10:15-11:00am Gentle Yoga - Cheri Davis Room | | | | |
| 10:15-11:00am DrumFIT® - Judy Riggins Room | 5:15-6:00pm DrumFIT® - Valerie Riggins Room | 6:00-7:00pm Strength Train Together - Megan Riggins Room | NEW TIME! 5:00-5:45pm Vinyasa Flow Yoga - Cheri Davis Room | | |
| NEW! 5:00-5:45pm Vinyasa Flow Yoga - Cheri Davis Room | 6:00-6:45pm Sonic Spin - Marisol/Mayra Rotary Room | 6:00-7:00pm Strong Nation™ - Donna Davis Room | 6:00-6:45pm Sonic Spin - Marisol/Mayra Rotary Room | | |
| 6:00-7:00pm Strength Train Together - Rebecca Riggins Room | NEW! 7:15-8:00pm Zumba - Carmen MPC | | 6:15-7:00pm Cardio Drumming - Donna Riggins Room | | |
| 6:00-7:00pm Strong Nation™ - Donna Davis Room | 6:00-7:00pm Kickboxing - Orlando Davis Room | | 6:00-7:00pm Kickboxing - Orlando Davis Room | | |
| 7:15-8:15pm Yin Fusion Yoga - Candice Davis Room | 7:15-8:15pm Y Muscle Max - Orlando Riggins Room | NEW! 7:15-8:15pm Zumba™ - Carmen Riggins Room | 7:15-8:15pm Y Muscle Max - Orlando Riggins Room | | |
| 7:15-8:15pm Zumba™ - Megan Riggins Room | 7:15-8:00pm Slow Flow Vinyasa Yoga - Lynne Davis Room | | NEW TIME! 7:15-8:15pm Zumba™ - Megan Davis Room | | |

TRY OUR NEW YMCA360



Find it on the web at YMCA360.ORG
Or Download the APP Today

CCA YMCA SIGNATURE PROGRAMS

- **LiveSTRONG**
 - **Blood Pressure Self Monitoring**
 - **Prevent T2 Diabetes Program**
- **New Live Virtual Class Starting Soon**
- See Pam Heaton for more details
pheaton@ccaymca.org
or 856-691-0030 x. 114

Please Note

- Please come prepared to class in appropriate attire; comfortable clothing/sneakers
- Please bring your own yoga Mat

Turn over for class descriptions

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. |
| Cardio Drumming / DrumFIT® | 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 |
| 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 DrumFIT® | This low impact chair class gets your entire body moving. 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 |
| 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 while listening to the oldies but goodies music. |
| Chair Tone & Stretch/ 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 | 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. |
| 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 class includes cardio & strength training exercise. Strength training 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. |
| 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. Bring your own mat. |
| 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. |
| 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. |
| Spin | Great cardio! This stationary bike training class is designed to improve cycling power, endurance, and efficiency. |
| Spin 2.0 | 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. |
| 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. |
| 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. 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 | Medium intensity, rejuvenate and refocus through a series of asana in a flowing sequence. Work on your breathing, flexibility, and all over well-being. |
| 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! |

SUMMER 2024 SESSION RUNS JUNE 24TH - AUGUST 17TH (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

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.