



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE HEALTHY, BE STRONG, BELONG!

CUMBERLAND CAPE ATLANTIC YMCA | WINTER 2024 GROUP EXERCISE SCHEDULE

Session Dates: JANUARY 2nd – FEBRUARY 24th (8 week session, unless otherwise noted)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NEW! 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		NEW! 7:45–8:45am Spin 2.0 – Bert Rotary Room
8:00–8:45am Spin – Bert Rotary Room	8:15–9:00am Chair Fit For Life – Pam Riggins Room		8:15–9:00am Chair Fit For Life – Judy Riggins Room	8:30–9:00am Circuit Training For Beginners – Joe Family Health & Adventure Center	9:00–10:00am Hatha Yoga – Tracey Davis Room
8:15–9:00am Chair Yoga – Pam Davis Room	9:15–10:00am Strength Train Together – Pam Riggins Room	8:30–9:00am Chair Yoga – Pam Riggins Room	9:15–10:00am Strength Train Together – Pam Riggins Room	9:15–10:00am FUNctional Fridays – Rebecca Riggins Room	10:30–11:30am Zumba™ – Megan Riggins
NEW! 9:15–10:00am ToneZone – Candice Riggins Room	10:15–11:00am Gentle Stretch Yoga – Pam Riggins Room	NEW TIME! 9:15–10:00am Zumba Gold™ – Megan Riggins Room	10:15–11:00am DrumFIT® – Valerie Riggins Room	9:15–9:45am Chair Fit For Life – Joe Davis Room	
9:15–10:00am Chair DrumFIT® – Judy Davis Room	4:00–4:45pm Afternoon Spinning – Christine Rotary Room	NEW! 9:15–9:45am Chair Tone & Stretch – Pam Davis Room	4:00–4:45pm Afternoon Spinning – Christine Rotary Room	NEW GROUP EXERCISE CLASSES Pilates Fusion – Lannie Chair Stretch & Tone – Pam, Spin 2.0 – Bert, Tabata Resistance Training – Donna ToneZone– Candice TRY OUR NEW YMCA360 Find it on the web at YMCA360.ORG Or Download the APP Today CCA YMCA SIGNATURE PROGRAMS <ul style="list-style-type: none">• 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	
10:15–11:00am DrumFIT® – Judy Riggins Room	5:15–6:00pm DrumFIT® – Valerie Riggins Room	5:00–5:45pm Yoga Blend – Tracey Davis Room			
5:00–5:45pm Hatha Yoga – Tracey Davis Room	6:00–6:45pm Sonic Spin – Marisol/Mayra Rotary Room	New! 5:00–5:45pm Tabata Resistance Training – Donna 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	6:00–7:00pm Strength Train Together – Megan Riggins Room	6:00–7:00pm Kickboxing – Orlando Davis Room		
6:00–7:00pm Strong Nation™ – Donna Davis Room	7:15–8:15pm Y Muscle Max – Orlando Riggins Room	6:00–7:00pm Strong Nation™ – Donna Davis Room	New! 6:15–7:00pm Cardio Drumming – Donna Riggins Room		
7:15–8:15pm Yin Fusion Yoga – Candice Davis Room	7:15–8:00pm Slow Flow Vinyasa Yoga – Lynne Davis Room		7:15–8:15pm Y Muscle Max – Orlando Riggins Room		
7:15–8:15pm Zumba™ – Megan Riggins Room			7:30–8:30pm Zumba™ – Megan MPC		

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
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 you beat out some sweet rhythms and smile your way to a fit body.
Chair 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!
NEW! 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 a chair, light hand weights, and resistant bands.
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.
NEW Time! 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.
NEW! 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 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.
FUNctional Fridays	This class includes cardio & strength training exercise. Strength training utilizes a variety of resistance equipment & body weight exercises.
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! Bring your own mat.
Hatha Yoga	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.
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.
NEW! 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.
NEW Day! Spin	Great cardio! This stationary bike training class is designed to improve cycling power, endurance, and efficiency.
NEW! 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.
Afternoon Spinning	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.
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.
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.
STRONG Nation™	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.
NEW! Tabata Resistance Training	This is a HIIT style workout using resistance bands and functional strength training and body movements to focus on increasing your muscle strength by making your muscles work against a weight or force. The Tabata method is where you complete as many reps as you can of one exercise for 20 seconds, followed by a quick 10 second rest and repeat for a total of 8 sets, with a 1 minute recovery period after each 4 minute set. Bands will be provided. Bring your own yoga mat, water, and sweat towel.
NEW! ToneZone	A series of exercises designed to build strength in your upper/lower body, core and stability.
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.
Yoga Blend	This fun, but challenging, body strengthening yoga class blends Hatha Yoga with resistance training. We will use light hand weights as we move through various asanas to keep your body and mind stimulated. As Yoga Blend tones your body, it also boosts metabolism, builds lean muscle tissue, strengthens your bones and improves balance. Bring your own mat.
Zumba™ / NEW Time! 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!

WINTER 2024 SESSION RUNS JANUARY 2nd - FEBRUARY 24th
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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