



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE HEALTHY, BE STRONG, BELONG!

CUMBERLAND CAPE ATLANTIC YMCA | WINTER 2025 GROUP EXERCISE SCHEDULE

Session Dates: JANUARY 6th – MARCH 30th (12 week classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NEW 5:45–6:30am Boot Camp – Bert Davis Room	5:45–6:30am Spin – Bert Rotary Room	NEW 5:45–6:30am Boot Camp – Bert Davis Room	5:45–6:30am Spin – Bert Rotary Room	9:15–10:00am FUNCTIONAL FRIDAYS – Rebecca Riggins	7:45–8:45am Spin 2.0 – Bert Rotary
NEW 8:30–9:15am Chair to Stand Yoga – Pam MPC	8:30–9:15am Chair Yoga – Cheri MPC	8:30–9:15am Chair Fit For Life – Joe MPC	8:30–9:15am Chair Fit For Life – Judy MPC	9:00–9:45am Chair Fit For Life – Joe MPC	9:00–9:45am Slow Flow Vinyasa Yoga – Cheri Davis Room
9:15–10:00am Tonezone – Candice Riggins Room	9:15–10:00am Strength Train Together – Pam Riggins Room	9:15–10:00am Tonezone – Kathy Riggins Room	9:15–10:00am Strength Train Together – Pam Riggins Room	9:15–10:00am Spin – Kathy Rotary	NEW TIME 9:00–9:45am Zumba™ Megan Riggins Room
NEW TIME 9:15–10:00am DrumFIT – Judy Davis Room	NEW TIME 9:15–10:00am Stability Ball – Chris Davis Room	NEW TIME 9:15–10:00am Zumba™ – Megan Davis Room	9:15–10:00am Barre Above – Chris Davis Room	9:15–10:00am STRONG 45 – Donna Davis Room	NEW 10:00–10:30am CIRCL Mobility™ Megan Davis Room
10:15–11:00am Gentle Yoga – Pam Davis Room	NEW 9:15–10:00am Spin for Beginners – Kathy Rotary Room	9:30–10:00am Chair Tone & Stretch – Pam MPC	10:15–11:00am DrumFIT@ – Valerie Riggins	<div> <p>TRY OUR NEW YMCA360</p> <p>Find it on the web at YMCA360.ORG Or Download the APP Today</p>  </div> <div> <p>FREE CHILD WATCH WHILE YOU WORK OUT</p> <p>2025 NEW Hours & Information</p> <p>M–F 9:00am–11:00am & 5:45pm–8:30pm Sat 8:00am – 12:00pm Ages 6 months – 10yrs old</p> <p>See member services for more details.</p> <p>Turn over for class descriptions</p> </div>	
NEW TIME 10:15–11:00am Chair DrumFIT – Judy Riggins Room	NEW TIME 10:15–11:00am Barre Above – Chris Riggins Room	NEW TIME 10:15–11:00am Cardio Step – Kathy Riggins Room	NEW TIME 10:15–11:00am Standing Yoga – Pam Davis Room		
6:00–7:00pm Strong Nation™ – Donna Riggins Room	10:15–11:00am Gentle Yoga – Cheri Davis Room	6:15–7:00pm Zumba Toning™ – Carmen Riggins Room	6:00–6:45pm Sonic Spin – Marisol/Mayra Rotary Room		
6:00–7:00pm Strength Train Together – Rebecca Davis Room	6:00–6:45pm Sonic Spin – Marisol/Mayra Rotary Room	6:00–7:00pm Strength Train Together – Megan Davis Room	6:00–7:00pm Zumba™ Megan Riggins Room		
7:15–8:15pm Yin Fusion Yoga – Candice Davis Room	NEW TIME 6:00–6:45pm DrumFIT@ – Valerie Riggins Room	NEW TIME 7:15–8:00pm Hatha Yoga – Tracey Davis Room	6:00–7:00pm Kickboxing – Orlando Davis Room		
7:15–8:15pm Zumba™ – Megan Riggins Room	6:00–7:00pm Kickboxing – Orlando Davis Room	NEW TIME 7:15–8:15pm Strong Nation™ – Donna Riggins Room	7:15–8:15pm Y Muscle Max – Orlando Riggins Room		
	7:15–8:15pm Y Muscle Max – Orlando Riggins Room		NEW 7:15–8:00pm HIIT Boot Camp – Donna Davis Room		
	7:15–8:00pm Slow Flow Vinyasa Yoga – Lynne Davis Room				

ALL GROUP EXERCISE CLASSES ARE INCLUDED IN YOUR MEMBERSHIP

NEW for 2025

Members Do not need to register for classes

See back for details

Ages 15 and up are welcome to participate in any of our group exercise class. Note: classes may be cancelled due to low participation.

Cumberland Cape Atlantic YMCA • 1159 E. Landis Ave, Vineland, NJ 08360 • (856) 691-0030 • www.ccaymca.org

CLASS DESCRIPTIONS

	CLASS NAME	DESCRIPTION
CHAIR TO LOW	Chair Fit For Life	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, and light weights.
	Chair Tone & Stretch	Chair resistant band total-body workout is appropriate for all fitness levels. This class is designed to increase flexibility, coordination, muscular strength and raise your cardio endurance.
	Chair Yoga/Chair to Stand 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.
	Chair DrumFIT®	This chair class incorporates 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.
LOW TO MEDIUM	Standing Yoga	This standing yoga class offers the next step from chair yoga. This class works on mobility, stability, and strength through beginner standing yoga poses. No floor work. A chair will be provided for a balance aid if needed. 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.
	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
	Stability Ball	A fun class that will increase balance and flexibility but develop control and strength of the core muscles. 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
	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 and helps shift emotional patterns. Bring your own Mat
	CIRCL Mobility™	This Class combines flexibility, breath work, and mobility exercises to help you move easier and more effectively. 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
	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
	Zumba™ / Zumba Tone™	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! Zumba Tone uses small weights.
MEDIUM TO HIGH	Cardio Step	Cardio Step is an aerobic low-impact cardio workout using a step box with moves choreographed to the beat of the music.
	ToneZone	This full body workout class utilizes both hand weights and body weight with a series of exercises designed to build strength in your upper/lower body, core and help with stability. Bring your own Mat
	FUNctional Fridays	This cardio & strength training class utilizes a variety of resistance equipment & body weight exercises. Bring your own Mat
	Y Muscle Max	This class will increase your muscle strength and endurance using a variety of resistance equipment and body weight.
	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
	Sonic Spin/Spin/Spin 2.0	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.
	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. This Class is specifically Designed for Women who are looking for a challenge. 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
	HIIT Boot Camp	HIIT style circuit training with different stations targeting various muscle groups or types of exercises. In a true High Intensity Interval Training style, participants will have 45 seconds to give it their all at each station and 15 seconds to transition to the next one. BYO water bottles, workout gloves and mats are recommended, but not required. Get ready to sweat!

GROUP EXERCISE CLASS PARTICIPANT GUIDELINES— (PLEASE READ)

- Members Do Not need to register for classes starting 2025.
- All Group Exercise classes will be on a first come basis, and we recommend members arrive 15 minutes prior to class start time.
- Members show up to the class they would like to attend, a clipboard will be located outside the class door, Members sign in as they arrive.
- To be fair, we ask that you do not sign in for another member that is not present.
- Once the designated number of spaces are full, based on room capacity, and equipment, the class will be closed for that day.
- Members can try another class, or come back the next day that the class is being held.
- Instructors will take the sign in sheet off the clipboard 5 minutes before class starts and allow members in if there is space available.
- For class cancellations, members will need to visit our Facebook or YMCA360 app, and a sign will be posted at member services.