



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE HEALTHY, BE STRONG, BELONG!

CUMBERLAND CAPE ATLANTIC YMCA | FALL 2025 GROUP & AQUA EXERCISE SCHEDULE

ALL GROUP EXERCISE CLASSES ARE INCLUDED IN YOUR MEMBERSHIP

Session Dates: SEPTEMBER 28th-DECEMBER 21st (12 week classes)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45-6:30am Boot Camp Davis/Riggins Room - Bert	5:45-6:30am Spin Rotary Room - Bert	5:45-6:30am Boot Camp Davis/Riggins Room - Bert	5:45-6:30am Spin Rotary Room - Bert	8:15-9:00am Chair Fit For Life MPC Room - Joe	9:00-9:45am Slow Flow Vinyasa Yoga Davis Room - Cheri
8:15-9:00am Chair Yoga MPC Room - Pam	8:15-9:00am Chair Yoga MPC Room - Cheri	8:15-9:00am Chair Fit For Life MPC Room - Joe	8:15-9:00am Chair Fit For Life MPC Room - Judy	9:15-10:00am FUNctional Fridays Riggins Room- Rebecca	9:00-9:45am Zumba™ Riggins Room - Megan
9:15-10:00am Tonezone Riggins Room - Kathy	9:15-10:00am Strength Train Together Riggins Room - Pam	9:15-10:00am Tonezone Riggins Room - Kathy	9:15-10:00am Strength Train Together Riggins Room - Pam	9:15-10:00am Spin Rotary Room - Kathy	
9:15-10:00am Chair DrumFIT Davis Room - Judy	9:15-10:00am Stability Ball Davis Room - Chris	9:15-10:00am Zumba™ Davis Room - Megan	9:15-10:00am Barre Above Davis Room - Chris	10:15-11:00am Cardio Drumming Riggins Room - Kathy	
10:15-11:00am DrumFIT Riggins Room - Judy	9:15-10:00am Spin Rotary Room - Kathy	10:15-11:00am Cardio Step Riggins Room - Kathy	AQUA 9:15-10:00am Deep Water Exercise Kontes Pool - Larry	<div>STAY CONNECTED. DOWNLOAD OUR FREE MOBILE APP Check out our schedules, get updates, check in, and have 24/7 access to a full, on-demand library of fitness and lifestyle programs. SCAN HERE to download our FREE app </div>	
10:15-11:00am Raise Praise & Tone Davis Room - Donna	AQUA 9:15-10:00am Deep Water Exercise Kontes Pool - Wayne	AQUA 10:15-11:00am Aqua Barre Kontes Pool - Chris	AQUA 10:15-11:00am Shallow Water Exercise Kontes Pool - Crystal		
AQUA 10:15-11:00am Aqua Barre Kontes Pool - Chris	AQUA 10:15-11:00am Shallow Water Exercise Kontes Pool - Crystal	AQUA 11:15-12:00pm Pool Volleyball Kontes Pool - Wayne	10:15-11:00am DrumFIT® Riggins Room - Valerie		
6:00-7:00pm Strong Nation™ Riggins Room- Keishla	10:15-11:00am Barre Above Riggins Room - Chris	6:00-7:00pm Strength Train Together Davis Room - Megan	10:15-11:00am Gentle Yoga Davis Room - Pam		
6:00-7:00pm Strength Train Together Davis Room- Rebecca	10:15-11:00am Gentle Yoga Davis Room - Cheri	6:15-7:00pm Zumba Toning™ Riggins Room - Carmen	6:00-6:45pm Zumba™ Riggins Room - Megan	<div>FREE CHILD WATCH WHILE YOU WORK OUT 2025 Child Watch Hours Mon-Fri 9:00am-11:00am & 5:45pm-8:30pm Sat 8:00am - 12:00pm Available for members ages 6 months - 10yrs old *With any household membership. Turn over for class descriptions No Advanced Registration Required. Walk Ins Welcome <i>See back for details</i> All classes are open to members ages 15 and up. Some classes may permit youth under 15 with a parent present, pending approval from the instructor.</div>	
7:15-8:15pm Zumba™ Riggins Room- Megan	6:00-6:45pm Sonic Spin Rotary Room - Mayra	7:15-8:15 pm Strong Nation with Weights™ Riggins Room - Donna	6:00-6:45pm Sonic Spin Rotary Room - Marisol		
7:15-8:15pm Yin Fusion Yoga Davis Room - Candice	6:00-6:45pm DrumFIT® Riggins Room - Valerie	7:15-8:00pm Hatha Yoga Davis Room - Tracey	6:00-6:45pm Kickboxing Davis Room - Orlando		
	6:00-6:45pm Kickboxing Davis Room - Orlando		7:00-7:45pm Y Muscle Max Riggins Room - Orlando		
	AQUA 6:45-7:30pm Aqua Zumba Kontes Pool - Amy		7:00-7:45pm Zumba Toning™ Davis Room - Carmen	<div>Not a Member Yet? Visit www.ccaymca.com to request a tour. Scan the QR Code —> and Join TODAY! </div>	
	7:00-7:45pm Y Muscle Max Riggins Room - Orlando				
	7:00-7:45pm Slow Flow Vinyasa Yoga Davis Room - Lynne				

Please note: Classes are subject to change at any time. Select classes may not be offered week of December 15th in Riggins Room. Try the Y Guest Passes are available for 1st time visitors. See Member Services for more information.

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 Yoga	Gentle form of yoga designed for those who have difficulty getting up and down off the floor. You will increase 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.
MEDIUM	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	Increase balance and flexibility but develop control and strength of the core muscles.. Appropriate for all levels using a Stability Ball. Movements provide security 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 & helps shift emotional patterns. 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 class 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
	Y Muscle Max	This class will increase your muscle strength and endurance using a variety of resistance equipment and body weight.
HIGH	Raise Praise & Tone	This music lead exercise class will give you a total body workout, raise your heart rate & burn calories while using light weights to dance moves.
	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
	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 & Gloves
	Sonic Spin/Spin	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. 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®	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
	STRONG Nation With Weights®	This class takes the traditional STRONG Nation® to the next level. Starting with bodyweight training by syncing high cardio and conditioning moves to music to create an optimal total body HITT workout. Then we finish by adding weights, using the practical principles of muscle isolation along with established sculpting techniques to stimulate muscle through the overload of external resistance and exercises that focus on specific joint action. Recommended to BYO Mat, Water, & Sweat Towel.
WATER EXERCISE	DrumFIT® / Cardio Drumming	This class is designed for all fitness levels & 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 & low intensity to muscle and burn calories while you beat out some sweet rhythms and smile your way to a fit body.
	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.
	Aqua Barre	Shallow water class that tones the body, strengthens muscles, improves balance and postural alignment. All the benefits of a Barre
	Aqua Zumba	Higher intensity cardio workout with music in shallow water.
	Deep Water Class	Cardio and stretch workout with a exercise belt in deep end; must be able to swim in water over your head.
	Pool Volleyball	Volleyball game played in the shallow part of the pool.
	Shallow Water Class	Cardio and stretch workout in shallow water.

GROUP EXERCISE CLASS PARTICIPANT GUIDELINES— (PLEASE READ)

- All Group Exercise classes will be on a first come basis, and we recommend members arrive 15 minutes prior to class start time.
- A clipboard will be located outside the class door, Members sign in as they arrive. For the Pool, Please sign in for your class prior to changing & showering for the pool.
- 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 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.
- Class may be cancelled due to low attendance.