



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

BE HEALTHY, BE STRONG, BELONG

New Extended Class Times!!

Cumberland Cape Atlantic YMCA

Spring II 2021 Group Exercise Schedule -

Session Dates: April 26 - June 19



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
	5:45-6:30am Group Cycling- <i>Eric</i>		5:45-6:30am Group Cycling- <i>Eric</i>	
8:30-9:00am Chair Yoga- (On Site & Live Virtual) <i>Pam</i>	8:30-9:00am Fit for Life- (On Site & Live Virtual) <i>Pam</i>	8:30-9:00am Chair Yoga- (On Site & Live Virtual) <i>Pam</i>	8:30-9:00am Fit for Life- (On Site & Live Virtual) <i>Pam</i>	
9:15-10:00am Raise Praise & Tone- <i>Donna</i>	9:15-10:00am Strength Train Together- <i>Pam</i>	9:15-10:00am Zumba- (On Site & Live Virtual) <i>Megan</i>	9:15-10:00am Strength Train Together- <i>Pam</i>	
	10:15-11:00am Gentle Yoga-(On Site & Live Virtual) <i>Pam</i>			10:30-11:15am Zumba-(On Site & Live Virtual) <i>Megan</i>
4:00-4:45pm 15/15/15- <i>Jaimie</i>	4:00-4:45pm Spin- <i>Christine</i>	4:00-4:45pm 15/15/15- <i>Jaimie</i>	4:00-4:45pm Spin- <i>Christine</i>	
NEW! 5:00-5:45pm AB & Booty Bootcamp- <i>Donna</i>	5:00-5:45pm Total Body Bootcamp- <i>Ben</i>	5:00-5:45pm AB & Booty Bootcamp- <i>Donna</i>	5:00-5:45pm Total Body Bootcamp- <i>Ben</i>	
6:00-7:00pm Strength Train Together- <i>Megan</i>	NEW! 6:30-7:15pm Slow Flow Vinyasa Yoga- (On Site & Live Virtual) <i>Lynne</i>	OUTSIDE! 6:00-6:45pm Zumba- <i>Savanah</i>	6:00-7:00pm Kickboxing- <i>Orlando</i>	
7:00-8:00pm Yin Fusion Yoga- (Live Virtual Only) <i>Candice</i>	NEW! & OUTSIDE! 6:00-7:00pm Sports Fitness (Ages 11-14)- <i>Tessa</i>		7:15-8:15pm Y Muscle Max- <i>Orlando</i>	
7:15-8:15pm Zumba-(On Site & Live Virtual) <i>Megan</i>	6:00-7:00pm Kickboxing- <i>Orlando</i>		7:15-8:15pm Zumba-(On Site & Live Virtual) <i>Megan</i>	
	NEW TIME & OUTSIDE! 7:05-8:00pm Strong Nation- <i>Donna</i>	* FOR ALL LIVE VIRTUAL CLASSES: Please be sure you are register for the class to receive a Zoom Link Invite.		
	7:15-8:15pm Y Muscle Max- <i>Orlando</i>			

Please note:

- Classes will be held Indoors and Outdoors, per guidelines from State and City due to COVID19; all members must first be screened (questions and temperature) before participating in classes.
- Facial coverings are required while participating in Group Exercise classes Indoors.
- Please bring your own mat, yoga blocks & yoga straps.

Turn over for class descriptions & Live virtual class information



CLASS DESCRIPTIONS

15/15/15:	Total body workout with cardio and strength training to tone and define your entire body! 15 minutes of cardio, 15 minutes of strength training, and 15 minutes of core work and stretching.	MPC
Ab & Booty Bootcamp:	This music led group exercise class focuses on building and strengthening your core while toning and sculpting your abdominals, glutes and leg muscles. Exercise routines vary from standing to floor work and may incorporate the use of weights and steps (provided). Please bring your own mats.	MPC
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. Please bring your own blocks and yoga straps if you need them.	MPC/ Live Virtual
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!	MPC/ Live Virtual
Gentle Yoga:	Yoga at your own pace! Relax with this soothing and gentle workout! Please bring your own mat, blocks, and straps.	MPC
Group Cycling/Spin:	Stationary bike training designed to improve cycling power, endurance, and efficiency. A great workout! Appropriate for beginners through experienced cyclists. Beginners are encouraged to consider using bike shorts or a bike seat cushion, at least for the first 2 weeks.	MPC
Kickboxing:	Kick, punch, and move your way to a great body with this traditional kickboxing class!	MPC
Raise Praise & Tone:	This is a music led group exercise class that incorporates the use of light weight dumbbells with dance moves. These body weight exercises will give you a total body workout that will raise your heart rate and calorie burn while having fun! It is moderate to high intensity, but participants of all fitness levels are welcome. Please bring your own mat.	MPC
Slow Flow Vinyasa Yoga:	This is a practice that embodies a connection with breath and movement while cultivating strength, balance, stability, and calm. Classes are choreographed with intention to provide a slow flow between poses and holding some poses to realize stillness and quiet the mind. Beginners are welcome.	Riggins Room/ Live Virtual
Sport Fitness: (Ages 11-14)	In this class, Teens will have the ability to learn and improve their skills in Basketball, Soccer, Football, Tennis, Baseball, and Track in a Group Exercise setting.	East Parking Lot
STRONG Nation™	Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. In each class you'll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like <i>high knees</i> , <i>burpees</i> , and <i>jumping jacks</i> are interchanged with isometric moves like <i>lunges</i> , <i>squats</i> , and <i>kickboxing</i> techniques to challenge you to your max and help you reach your fitness goals. Please bring your own mat and gloves.	Outside - East Parking Lot
STT (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. Please bring your own mat.	MPC
Total Body Bootcamp:	This class will use a combination of bars, plates and hand weights to condition and strengthen your muscles. Whether you are looking to tone, build, or simply challenge yourself this is the perfect class for all levels to explore different muscular training techniques across endurance, hypertrophy, and strength training rep ranges.	MPC
Y Muscle Max:	This class will increase your muscle strength and endurance using a variety of resistance equipment and body weight.	MPC
Yin Fusion Yoga	Yin Fusion Yoga is a blend of different yoga classes, Yin Yoga itself is a slow, passive deep stretch class offering the opportunity to explore the inner landscape of body and mind. Emphasis is placed on opening the deeper tissues of the body.	Live Virtual Only
Zumba™	A dance and cardio class that leaves you feeling good and sweaty!	M/W MPC/Live Virtual W(pm) Outside East Parking Lot TH/SAT Riggins Room/ Live Virtual

Spring II 2021 Session runs April 26 through June 19

(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.

FOR ALL LIVE VIRTUAL CLASSES:

Please be sure you are registered for the class to receive a Zoom Link Invite.

Fees:

Facility Members:
FREE

Program Members:

1 day - \$54.00

2 days - \$73.00

3 days - \$84.00