



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE HEALTHY, BE STRONG, BELONG

Virtual Class offerings coming soon!!*

Cumberland Cape Atlantic YMCA

Indoor Group Exercise Schedule - Winter 2021

Session Dates: January 4-February 27



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- <i>Pam</i>	8:30-9:00am Fit for Life- <i>Pam</i>	8:30-9:00am Chair Yoga- <i>Pam</i>	8:30-9:00am Fit for Life- <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- <i>Megan</i>	9:15-10:00am Strength Train Together- <i>Pam</i>	
	10:15-11:00am Gentle Yoga- <i>Pam</i>			10:30-11:15am Zumba- <i>Megan</i>
12-12:30 & 12:30-1pm Circuit Training-Ben*	12-12:30 & 12:30-1pm Circuit Training-Ben*	12-12:30 & 12:30-1pm Circuit Training-Ben*	12-12:30 & 12:30-1pm Circuit Training-Ben*	← (NEW)
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>	
5:00-5:45pm Strong Nation- <i>Donna</i>	5:00-5:45pm Total Body Bootcamp- (NEW) Ben	5:00-5:45pm AB & Booty Bootcamp- <i>Donna</i>	5:00-5:45pm Total Body Bootcamp- (NEW) Ben	
5:30-6:15pm Youth Calisthenics- <i>Tessa</i>	6:30-7:15pm Beginner Basic Yoga- <i>Lynne</i>	6:00-6:45pm Zumba- <i>Savanah</i>	6:00-6:45pm Kickboxing- <i>Orlando</i>	
6:00-6:45pm Strength Train Together- <i>Megan</i>	6:00-6:45pm Kickboxing- <i>Orlando</i>	7:00-7:45pm Strong Nation- <i>Donna</i>	7:00-7:45pm Y Muscle Max- <i>Orlando</i>	
7:00-7:45pm Zumba- <i>Megan</i>	7:00-7:45pm Y Muscle Max- <i>Orlando</i>		7:15-8:00pm Zumba- <i>Megan</i>	
7:00-7:45pm Virtual Yin Fusion Yoga- (NEW) Candice	*No Registration required for circuit training, space is limited! *Held in our Family Health & Adventure Center and is first come first serve!			

Please note:

- All classes will be held Indoors, 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.
- Please bring your own mat, yoga blocks & yoga straps.



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
Beginner Basic Yoga:	Yoga at a slower pace for those new to yoga or looking to get back to the basics, great prep for all-levels classes; focus on asana alignment and breath work; utilization of props and modifications. Please bring your own mat, blocks, and straps.	Riggins Room
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
Circuit Training:	Circuit training with a Certified Personal Trainer in a small group setting. An efficient and challenging form of conditioning which develops strength, endurance, flexibility, and coordination utilizing a variety of exercises and workout stations.	FHAC
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
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!	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
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.	MPC
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.	Virtual
Youth Calisthenics:	For youth ages 11-14 years old. Class will incorporate strength training using calisthenics/ bodyweight exercises. Exercises will either be done in stations or a flow sequence.	FHAC
Zumba™	A dance and cardio class that leaves you feeling good and sweaty!	M/W/SAT MPC TH Riggins Room

Winter 2021 session runs Jan 4 through Feb 27 (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.

***We are excited to announce we will be offering some virtual class options in 2021!
Please be on the lookout for more information to come soon!**

Fees:

Facility Members:
FREE

Program Members:

1 day - \$54.00
2 days - \$73.00
3 days - \$84.00