



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE HEALTHY, BE STRONG, BELONG!

CUMBERLAND CAPE ATLANTIC YMCA | FALL 2021 GROUP EXERCISE SCHEDULE

Fall 2021 Session runs SEPTEMBER 7 through OCTOBER 30 (8 week session, unless otherwise noted)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NEW! 6:00-6:45am Pilates - Lannie Davis	5:45-6:30am Group Cycling - Eric Rotary Room		5:45-6:30am Group Cycling - Eric Rotary Room		
8:30-9:00am Chair Yoga - Pam Davis/Live Virtual	8:30-9:00am Fit For Life - Pam Davis/Live Virtual	8:30-9:00am Chair Yoga - Pam Davis/Live Virtual	8:30-9:00am Fit For Life - Pam Davis/Live Virtual		
9:15-10:00am Raise Praise & Tone - Donna Riggins	NEW! 9:15-10:00am Strength Train Together - Pam Riggins	NEW TIME! 9:15-10:15am Zumba - Megan Riggins/Live Virtual	NEW! 9:15-10:00am Strength Train Together - Pam Riggins	NEW! 9:15-10:00am Cardio & Strength - Rebecca Riggins	
	10:15-11:00am Gentle Yoga - Pam Riggins/Live Virtual				NEW! 10:30-11:15am Zumba - Megan Riggins/Live Virtual
	NEW! 12:00-12:45pm Spin - Christine Rotary Room				
4:00-4:45pm 15/15/15 - Jaimie Riggins	4:00-4:45pm Spin - Christine Rotary Room	4:00-4:45pm 15/15/15 - Jaimie Riggins	4:00-4:45pm Spin - Christine Rotary Room		
	NEW! 5:00-5:30pm Tabata Class - Donna Davis				
NEW! 5:00-6:00pm HIIT Bootcamp - Donna Davis	6:00-7:00pm Kickboxing - Orlando Davis	5:00-5:45pm AB & Booty Bootcamp - Donna Riggins	NEW! 5:00-5:45pm Cardio Drumming - Donna Davis		
	NEW! 6:00-7:00pm Spin Power - Marisol/Mayra Rotary Room	NEW! 6:00-7:00pm Ages 11-15 Intro to the Fitness Center - Tessa Fitness Center			
6:00-7:00pm Strength Train Together - Rebecca Riggins	NEW TIME! 6:15-7:00pm Slow Flow Vinyasa Yoga - Lynne Riggins/Live Virtual	NEW! 6:00 - 7:00PM Zumba - Savannah Davis	6:00-7:00pm Kickboxing - Orlando Davis		
		NEW! 6:00 - 7:00PM Strength Train Together - Megan Riggins	NEW! 6:00-7:00pm Spin Power - Marisol/Mayra Rotary Room		
7:00-8:00pm Yin Fusion Yoga - Candice Davis Room/Live Virtual	7:15-8:15pm Strong Nation - Donna Davis		7:15-8:15pm Y Muscle Max - Orlando Riggins		
7:15-8:15pm Zumba - Megan Riggins/Live Virtual	7:15-8:15pm Y Muscle Max - Orlando Riggins		7:30-8:30pm Zumba - Megan MPC/Live Virtual		

ZOOM LINKS FOR LIVE VIRTUAL CLASSES:

For "Live" classes, click on "Blogs" on the top of the Virtual Site screen, then select the "Virtual Group Ex class schedule" option to see all Zoom live class links.

Fully vaccinated members have the option to wear a facial covering while in the facility/class

- Not fully vaccinated members must still wear a facial covering while in the facility/class
- We will still continue to encourage social distancing within classes, by keeping 3ft-6ft in between all members
- Members are still required to have their temperature checked and answer health screening questions at this time
- Our Y follows State and City Health Department COVID guidelines



Turn over for class descriptions & Room Location

CLASS DESCRIPTIONS

CLASS NAME	DESCRIPTION	LOCATION
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.	RIGGINS
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 mat.	RIGGINS
NEW! Cardio & Strength Training	This class includes cardio and strength training exercise. Strength training utilizes a variety of resistance equipment and body weight exercise.	RIGGINS
NEW! Cardio Drumming	This high energetic cardio class will have you moving and burning while grooving to today and yesterday hits. While using a yoga ball, a barrel and drum sticks, you will be utilizing all levels of the equipment to create intervals of movement and patterned drumming rhythms that will allow to have a full body work out. This will be the best 1 hour you will spend in your day.	DAVIS
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.	DAVIS/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!	DAVIS/Live Virtual
Gentle Yoga	Yoga at your own pace! Relax with this soothing and gentle workout! Please bring your own mat.	RIGGINS/Live Virtual
Group Cycling/ Spin/Spin Power	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.	Rotary Room
NEW! HIIT Bootcamp	Each class will have a circuit of different stations targeting various muscle groups or types of aerobic or anaerobic exercises. In a true High Intensity Interval Training style, participants will start their circuit at one station, give it their all for 60 seconds, and then have 15 seconds of break while rotating to the next stations. The instructor will guide, encourage, and provide training techniques and/or modifications/progressions to improve form and to help you get the most out of your workout. BYO water bottles, workout gloves and mats are recommended, but not required. Get ready to sweat!	DAVIS
NEW! Intro to the Fitness Center	Ages 11-15 will learn how to use the fitness center in a group setting and utilize the machines/equipment under the guidance of the instructor. Please Note: Ages 11-12 will require a parent in the building at all times.	FITNESS CENTER
Kickboxing	Kick, punch, and move your way to a great body with this traditional kickboxing class!	DAVIS
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.	RIGGINS
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. Please bring your own mat.	RIGGINS/Live Virtual
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 high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing techniques to challenge you to your max and help you reach your fitness goals. Please bring your own mat and gloves.	DAVIS
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.	RIGGINS
NEW! Tabata	This is a HIIT style workout. The exercises in this class will strengthen and tone upper body, lower body, and core through a combination of heart rate pumping plyometric exercises (ie: Burpees, Jumping Jacks, Squat Jumps, etc...) along with Functional and Body Weight exercises (ie: variations of Push Ups, Squats, Lunges, Planks, etc...). Instructor will offer modifications and progressions as needed for all fitness levels. Optional, but encouraged to bring your own Mat, Water bottle, and Sweat Towel.	DAVIS
Y Muscle Max	This class will increase your muscle strength and endurance using a variety of resistance equipment and body weight.	RIGGINS
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. Please bring your own mat.	Davis Room/Live Virtual
Zumba™	A dance and cardio class that leaves you feeling good and sweaty!	M RIGGINS/Live Virtual, W am RIGGINS/Live Virtual, W pm DAVIS, TH MPC/Live Virtual, SAT RIGGINS/Live Virtual

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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