

Cape May Recreation



Transformational Pilates

Transform your life using the power systems Pilates bars, light weights & Bender Balls. Be prepared to feel muscles you have not addressed to improve overall body balance.

Sunday 11 - 12 noon

Fee: \$5. per class

Instructor: Tammy Decker

Franklin Street Civic Center

Pilates Portable Reform Bar

Total Pilates core routine using the portable Reform Bar. This workout is a series of exercises that work the entire body - standing, seated and lying positions - and wrapping up the routine with stretching movements. Builds muscle, sculpts, tones and increases balance! All levels welcome.

Friday 4:45-5:30 PM

Fee: \$5. per class

Instructor: Karen Manette Bosna

Franklin Street Civic Center

City of Cape May - Department of Civic Affairs - Cape May Recreation

Franklin Street Civic Center - 720 Franklin Street

Cape May Elementary School - 921 Lafayette Street

643 Washington Street, Cape May, NJ 08204 - (609) 884-9565

www.capemayrecreation.org