

# Cape May Recreation Fitness

Begins January 2012

## 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

## Circuit Training Workout

Burn 30% more calories with short bursts of resistance exercises using frequent repetition geared for general fitness and ideal for athletes of all ages. Males & Females ages 12 and over are welcome.

Monday & Wednesday 4:00 - 5:00 pm  
Fee: \$5. per class Instructor: Linda Thomas  
Franklin Street Civic Center

## Jazz Aerobics

Upbeat music and jazz dance style routines keep you moving and motivated to get in shape. Great for adults with not much aerobics experience.

Monday, Wednesday & Friday 9:30 - 10:30 am  
Fee: \$5. per class Instructors: Claudia VonSavage & Tracy Neri  
Franklin Street Civic Center

## Total Toning with Tracy

Get fit with this top to bottom total body workout. Interval exercises to strengthen and tone your upper and lower body. Come join the fun and achieve great results!

Thursday 4:00 - 5:00 pm  
Fee: \$5. per class Instructor: Tracy Neri  
Franklin Street Civic Center

## Low-Impact Aerobics & Stretching Class

Easy to learn low impact workout for seniors or anyone who needs to limit the strain and stress on joints. A complete and gentle way to work on cardiovascular fitness, muscle strength, flexibility, and mobility. Wear comfortable clothes and come join us for a fun way to exercise.

Tuesday & Thursday 4 - 4:45 pm  
Fee: \$4. per class Instructor: Sue Tracy  
Cape May Elementary School

## Zumba with Angie

Angie loves dancing! Originally from Costa Rica but a New Jersey local for 11 years, wants to share her energy, rhythm and passion for life. If you want to experience the hottest non-stop cardio thrill, come join Angie. 100% real Latin energy, officially Zumba certified, Pura Vida!

Tuesday 6:30 - 7:30 pm  
Fee: \$5. per class Instructor: Angie Buccella  
Franklin Street Civic Center

## Zumba Gold (not old)

Zumba Gold is a revolutionary dance fitness routine designed for the true beginner, active older adult and/or people who are not used to exercising. Its done at a much lower intensity. The same great Latin styles of music and dance are used as regular Zumba classes. This class will strive to improve balance, strength, flexibility and most importantly, the heart. You get a safe and extremely effective total body workout while maintaining a party atmosphere that is different, fun and easy to follow.

Tuesday, Thursday & Saturday 9:00 - 10:00 am  
Fee: \$5. per class Instructor: Jeanne Degatano  
Franklin Street Civic Center

## Intro to Yoga

Have you ever wanted to try Yoga or would you like to reinforce the basics you may have learned some years ago? This Yoga practice is offered as a coed beginner's level awareness and experience of Yoga - Stretch, Breathe and Relax. No previous Yoga experience required and all levels are welcome.

Wednesday 11:00 - 12 noon & Saturday 10:00 - 11:00 am  
Fee: \$5. per class Instructor: Karen Manette Bosna  
Franklin Street Civic Center

## Build, Sculpt & Tone Classes Increases bone density, balance & flexibility!

Ballet Sculpt - Ballet barre stretching and light weights create strong lean muscles.  
Tuesday 11:00 - 12 noon

Ballet Sculpt / Pilates Fusion - Blending stretching series designed to use the body's center or "powerhouse" & focus is on Form.  
Friday 11:00 - 12 noon

Pilates Reform Bar - Complete Pilates Core routine using the portable Reform Bar.  
Friday, 4:45 p.m.

Fee: \$5. per class Instructor: Karen Manette Bosna  
Franklin Street Civic Center



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