

NORTH BEACH HEALTH CLUB OF CAPE MAY CLASS SCHEDULE

Hours: Mon-Thu 5am-9pm Fri 5am-8pm Sat 7am-6pm Sun 7am-4pm Phone: 609-898-3800 .www.northbeachgym.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am Video Spin	7:00am Video Spin	7:00am Video Spin	7:00am Video Spin	7:00am Video Spin		
					8:00am CrossFit	
7:45am Circuit Training		7:45am Circuit Training		7:45am Circuit Training		
8:30am Endurance30-Min	8:30am Power Yoga	8:30am Endurance30-Min	8:30am Power Yoga	8:30am Endurance30-Min	8:30am Pilates Fusion	
8:30am Boxercising		8:30am Body Bar Blast	9:30am Spin	8:30am Total Body	9:00am Spin	
9:30am Barre	9:30am Pilates Barre Fusion	9:30am Pilates Fusion	9:30am Body Tone	9:30am Yoga All Levels	9:30am Body-Fit	9:30am Abs & Strength
	10:30am Body-Fit 30-Min			10:30am Full Stretch 30-Min		10:30am Yoga All Levels
11:00am Low-Impact	11:00am Yoga All Levels	11:00am Restorative Yoga	11:00am Low-Impact	11:00am Pilates		
5:30pm Yoga Foundations	5:30pm CrossFit (Resumes in Jan)	5:30pm Yoga Foundations	5:30pm Self Defense			
	6:00pm Spin	6:00pm Absolute Abs 30-Min (Resumes in Jan)				
6:30pm -HIIT- Training	6:30pm Boxing Bag Drill	6:30pm -HIIT- Training				

Class Descriptions

