

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		
7:45am Circuit Training		7:45am Circuit Training		7:45am Circuit Training	8:00am XtremeFit Room 2	
8:00am Endurance30-Min Room 2		8:00am Endurance30-Min Room 2		8:00am Endurance30-Min Room 2	8:30am Pilates Fusion	
8:30am Endurance30-Min Room 2	8:30am Yoga All Levels	8:30am Endurance30-Min Room 2	8:30am Power Yoga	8:30am Endurance30-Min Room 2	9:00am Spin	
8:30am Boxercising	9:30am Pilates Barre Fusion	8:30am Body Bar Blast	9:30am Spin	8:30am Total Body	9:30am Boot Camp Max	9:30am Abs & Strength
9:30am Barre	10:30am Body-Fit 30-Min	9:30am Pilates Fusion	9:30am Body Tone	9:30am Yoga All Levels	10:30am Yoga All Levels	10:30am Yoga All Levels
11:00am Low-Impact	11:00am Yoga All Levels	11:00am Restorative Yoga	11:00am Low-Impact	10:30am Full Stretch 30-Min	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Class Descriptions  </div>	
				11:00am Pilates		
5:30pm Yoga Foundations	5:30pm Plyo-Power & Strength Room 2	4:30pm Zumba	5:30pm Boot Camp Max (Resumes in Fall)		<div style="border: 1px solid black; padding: 5px; text-align: center;"> North Beach Health Club 3845 Bayshore Rd. N. Cape May, NJ 08204 (Acme & BigLots Shopping Plaza) </div>	
	6:00pm Spin	5:30pm Yoga Foundations				
6:30pm -HIIT- Training	6:30pm Boxing Bag Drill	6:30pm -HIIT- Training				
						07-2024