

# 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](http://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	
8:30am Endurance30-Min Room 2	8:30am Power Yoga	8:30am Endurance30-Min Room 2	8:30am Power Yoga	8:30am Endurance30-Min Room 2	8:30am Pilates Fusion	
8:30am Boxercising		8:30am Body Bar Blast		8:30am Total Body	9:00am Spin	
9:00am Full Stretch 30-min Room 2	9:30am Pilates Barre Fusion	9:00am Full Stretch 30-min Room 2	9:30am Spin	9:30am Yoga All Levels	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	10:30am Full Stretch 30-Min	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	11:00am Pilates		
		4:30pm Zumba			<div data-bbox="1409 976 1724 1029" data-label="Text"> <p><b>Class Descriptions</b></p> </div> <div data-bbox="1440 1040 1692 1292" data-label="Image"> </div>	
5:30pm Yoga Foundations	5:30pm Plyo-Power & Strength	5:30pm Yoga Foundations	5:30pm Boot Camp Max			
	6:00pm Spin					
6:30pm -HIIT- Training	6:30pm Boxing Bag Drill	6:30pm -HIIT- Training		<div data-bbox="1213 1305 1724 1458" data-label="Text"> <p><b>North Beach Health Club</b>  <b>3845 Bayshore Rd.</b>  <b>N. Cape May, NJ 08204</b>  <b>(Acme &amp; BigLots Shopping Plaza)</b></p> </div>		
						01-2024