

# 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<br>Video Spin                | 7:00am<br>Video Spin              | 7:00am<br>Video Spin                | 7:00am<br>Video Spin       | 7:00am<br>Video Spin                |                                                                                                                                                             |                            |
| 7:45am<br>Circuit Training          |                                   | 7:45am<br>Circuit Training          |                            | 7:45am<br>Circuit Training          | 8:00am<br>XtremeFit<br>Room 2                                                                                                                               |                            |
| 8:00am<br>Endurance30-Min<br>Room 2 |                                   | 8:00am<br>Endurance30-Min<br>Room 2 |                            | 8:00am<br>Endurance30-Min<br>Room 2 | 8:30am<br>Pilates Fusion                                                                                                                                    |                            |
|                                     | 8:30am<br>Yoga All Levels         |                                     | 8:30am<br>Restorative Yoga |                                     | 9:00am<br>Spin                                                                                                                                              |                            |
| 8:30am<br>Boxercising               | 9:30am<br>Pilates Barre<br>Fusion | 8:30am<br>Body Bar Blast            | 9:30am<br>Spin             | 8:30am<br>Total Body                | 9:30am<br>Cardio & Strength                                                                                                                                 | 9:30am<br>Abs & Strength   |
| 9:30am<br>Barre                     |                                   | 9:30am<br>Pilates Fusion            | 9:30am<br>Body Tone        | 9:30am<br>Power Yoga                | 10:30am<br>Yoga All Levels                                                                                                                                  | 10:30am<br>Yoga All Levels |
| 11:00am<br>Low-Impact               | 11:00am<br>Yoga All Levels        | 11:00am<br>Restorative Yoga         | 11:00am<br>Low-Impact      | 11:00am<br>Pilates                  | <div>Class Descriptions</div>                                          |                            |
|                                     |                                   |                                     |                            |                                     |                                                                                                                                                             |                            |
| 5:30pm<br>Yoga Foundations          | 5:30pm<br>Broga<br>Yoga for Men   | 4:30pm<br>Zumba                     |                            |                                     |                                                                                                                                                             |                            |
|                                     | 6:00pm<br>Spin                    | 5:30pm<br>Yoga Foundations          |                            |                                     | <div> <b>North Beach Health Club</b><br/> <b>3845 Bayshore Rd.</b><br/> <b>N. Cape May, NJ 08204</b><br/> <b>(Acme &amp; JobLots Shopping Plaza)</b> </div> |                            |
| 6:30pm<br>-HIIT-<br>Training        |                                   | 6:30pm<br>-HIIT-<br>Training        |                            |                                     |                                                                                                                                                             |                            |
|                                     |                                   |                                     |                            |                                     |                                                                                                                                                             | 09-2026                    |