

NORTH BEACH HEALTH CLUB OF CAPE MAY CLASS SCHEDULE

Hours: Mon-Fri 5am-9pm Sat 7am-7pm Sun 7am-5pm 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 (Functional Fitness)	
7:45am Boot Camp		7:45am Boot Camp		7:45am Boot Camp		
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 (resumes Dec)	8:30am Total Body	9:00am Spin (resumes Dec)	9:00am Abs & Strength (resumes Dec)
9:30am Amped-Up Barre	9:30am Pilates Barre Fusion	9:30am Waist Removal (resumes Dec)	9:30am Full Body HIIT (resumes Dec)	9:30am Yoga Strength	9:30am Interval Training (resumes Dec)	
				10:30am Full Stretch 30-Min		10:30am Yoga All Levels
11:00am Low-Impact		11:00am Restorative Yoga	11:00am Low-Impact	11:00am Flow Motion		
5:30pm Yoga Foundations	5:30pm Plyo-Power & Strength (resumes Dec)	5:30pm Yoga Foundations				
5:30pm CrossFit (Functional Fitness) (resumes Dec)	5:30pm CrossFit (Functional Fitness) (resumes Dec)	6:00pm Absolute Abs 30-Min (resumes Dec)				
	6:00pm Spin (resumes Dec)					
6:30pm -HIIT- Training	6:30pm Boxing Bag Drill (resumes Jan)	6:30pm -HIIT- Training	6:30pm Zumba (resumes Dec)			