

Class Descriptions

Silver Yoga (Chair-based) Mary Beth Reindl

Move your whole body through a complete series of seated and standing yoga poses performing a variety of postures designed to increase flexibility, balance and range of movement. This class is included with Insurance-Based Memberships at The GYM Cape Carteret (Silver Sneakers, AARP, Prime, etc...) **non-insurance memberships can purchase a drop-in from the front desk of The GYM for \$5.00.**

20/20/20 - Bryson McLean

A multifaceted workout with 20 minutes of cardio barre, 20 minutes of core focused strength, and 20 minutes full body yoga, wrapping up with a gentle meditation. Members of the GYM Cape Carteret can purchase a **\$5 drop-in at the front desk, non-members can purchase a \$15 pass online.**

Independent Classes (Paid to instructor)

'Ori Tahiti Fitness

A full-body dance workout using basic dance movements from the island of Tahiti. Isolating your larger muscle groups and defining your core, with specific emphasis on the glutes, abs, quads, and arms. **\$10 fee paid directly to the instructor at time of class.**

Zumba

A full-body workout, combining all elements of fitness- cardio, muscle conditioning, balance, and flexibility, boosted energy, and a serious dose of awesome every time you leave. This class is **\$3 for members of the GYM or \$5 for non-members, paid to the instructor or pre-pay on the website.**

Stretch & Flex

This class is amazing for anyone looking to improve flexibility, decrease risk of injury, and reduce stress. Class starts with a warm-up for joints and muscles, then using active and passive stretching, we will focus on the breath and release tension. **It is \$10 for this class, paid directly to the instructor. Make sure to RSVP on the website!**

Cardio Dance

Cardio Dance is a hybrid of dance choreography and cardio exercises set to music, creating a heart-pumping workout to keep your body in constant motion. **It is \$10 for this class, paid directly to the instructor, make sure to RSVP on the website.**

Basic Ballet

This class is for absolute beginners, no prior experience is necessary. Exercises are aimed at conditioning the body for dance and will focus on proper alignment, core and leg strength. **It is \$10 for this class, paid directly to the instructor, make sure to RSVP online.**

Broadway & Beyond

A fun and energetic class exploring different Broadway dance genres using music from Broadway and movie scores. Think Hairspray, Saturday Night Fever, Grease, Mama Mia, Footloose...Have you always wanted to dance to those show stopping numbers? Now's your chance! Put on your dancing shoes and come and join us...Plus, you won't even know that you are burning those calories using dance to get a full body workout! **It is \$10 for this class paid directly to the instructor, make sure to RSVP online.**

capecarteretstudio.com

March 2023

27 8:15A PILATES 10:30A SILVER YOGA 5:15 - CARDIO DANCE 6:30-STRETCH & FLEX	28 5:30 PM- 20/202/20	1 9AM-STRETCH&FLEX 4:45 PM-BASIC BALLET 6:00 PM-ZUMBA 7:15 P-BROADWAY & BEYOND	2 5:30P `ORI TAHITI	3 9:30A SILVER YOGA
6 10:30A SILVER YOGA 5 P - CARDIO TAP 6:15P -STRETCH & FLEX	7 5:30P 20/20/20	8 9AM-STRETCH&FLEX 4:45 PM-BASIC BALLET 6:00 PM-ZUMBA 7:15 P-BROADWAY & BEYOND	9 5:30P `ORI TAHITI	10 9:30A SILVER YOGA 6:00 PM-IRISH JIG LINE DANCE
13 10:30A SILVER YOGA 5 P - CARDIO TAP 6:15P -STRETCH & FLEX	14 5:30P 20/20/20	15 9AM-STRETCH&FLEX 4:45 PM-BASIC BALLET 6:00 PM-ZUMBA 7:15 P-BROADWAY & BEYOND	16 5:30P `ORI TAHITI	18 9:30A SILVER YOGA
20 10:30A SILVER YOGA 5 P - CARDIO TAP 6:15P -STRETCH & FLEX	21 5:30P 20/20/20	22 9AM-STRETCH&FLEX 4:45 PM-BASIC BALLET 6:00 PM-ZUMBA 7:15 P-BROADWAY & BEYOND	23 5:30P `ORI TAHITI	24 9:30A SILVER YOGA
27 10:30A SILVER YOGA 5 P - CARDIO TAP 6:15P -STRETCH & FLEX	28 5:30P 20/20/20	29 9AM-STRETCH&FLEX 4:45 PM-BASIC BALLET 6:00 PM-ZUMBA 7:15 P-BROADWAY & BEYOND	30 5:30P `ORI TAHITI	31 9:30A SILVER YOGA

Zumba

ONE TIME CLASS ON SUNDAY,

MARCH 5

6-8 PM

NO CLASS ON 3/8



St Patrick's day

Irish jig line
dance

ONE TIME CLASS MARCH 10

6-8 PM

\$25/PERSON