

# February 2023

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|                                                                                                                |                                                |                                        |                                           |                                                             |
|----------------------------------------------------------------------------------------------------------------|------------------------------------------------|----------------------------------------|-------------------------------------------|-------------------------------------------------------------|
| <p><b>30</b></p> <p>8:15A PILATES<br/>10:30A SILVER YOGA</p>                                                   | <p><b>31</b></p> <p>CANCELLED<br/>20/20/20</p> | <p><b>1</b></p> <p>6:00 PM- ZUMBA</p>  | <p><b>2</b></p> <p>5:30P `ORI TAHITI</p>  | <p><b>3</b></p> <p>8:15A PILATES<br/>9:30A SILVER YOGA</p>  |
| <p><b>6</b></p> <p>8:15A PILATES<br/>10:30A SILVER YOGA<br/>5:15-CARDIO HIP HOP<br/>6:30-STRETCH&amp;FLEX</p>  | <p><b>7</b></p> <p>5:30P 20/20/20</p>          | <p><b>8</b></p> <p>6:00 PM- ZUMBA</p>  | <p><b>9</b></p> <p>5:30P `ORI TAHITI</p>  | <p><b>10</b></p> <p>8:15A PILATES<br/>9:30A SILVER YOGA</p> |
| <p><b>13</b></p> <p>8:15A PILATES<br/>10:30A SILVER YOGA<br/>6-8P TANGO</p>                                    | <p><b>14</b></p> <p>5:30P 20/20/20</p>         | <p><b>15</b></p> <p>6:00 PM- ZUMBA</p> | <p><b>16</b></p> <p>5:30P `ORI TAHITI</p> | <p><b>17</b></p> <p>8:15A PILATES<br/>9:30A SILVER YOGA</p> |
| <p><b>20</b></p> <p>8:15A PILATES<br/>10:30A SILVER YOGA<br/>5:15-CARDIO HIP HOP<br/>6:30-STRETCH&amp;FLEX</p> | <p><b>21</b></p> <p>5:30P 20/20/20</p>         | <p><b>22</b></p> <p>6:00 PM- ZUMBA</p> | <p><b>23</b></p> <p>5:30P `ORI TAHITI</p> | <p><b>24</b></p> <p>8:15A PILATES<br/>9:30A SILVER YOGA</p> |
| <p><b>27</b></p> <p>8:15A PILATES<br/>10:30A SILVER YOGA<br/>5:15-CARDIO HIP HOP<br/>6:30-STRETCH&amp;FLEX</p> | <p><b>28</b></p> <p>5:30P 20/20/20</p>         | <p><b>1</b></p>                        | <p><b>2</b></p> <p>5:30P `ORI TAHITI</p>  | <p><b>3</b></p> <p>8:15A PILATES<br/>9:30A SILVER YOGA</p>  |

# GYM MEMBER DROP-IN SPECIAL

## \$5 drop-in

Our partnership with the The Studio allows members to pay just \$5 to drop in on any classes (except for 'Ori Tahiti Fitness and Zumba)

*Purchase a pass for the classes  
online at [capedarteretstudio.com](http://capedarteretstudio.com)*

## Class Descriptions

### Yoga

#### Silver Yoga (Chair-based) - Mary Beth Reindl

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform 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 Aquatic & Wellness (Silver Sneakers, AARP, Prime, etc...) Members on non-insurance memberships can purchase a drop-in from the front desk of The GYM for \$5.00.

### Pilates

#### Pilates on the mat - Marci Hopewell

Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.

### Combo

#### 20/20/20 - Bryson McLean

A challenging yet fun multifaceted work out balancing cardio, strength, flexibility, agility and mindfulness. 20 minutes of cardio barre, 20 minutes of core focused strength, and 20 minutes full body yoga wrapping up with a gentle meditation.

#### Stretch & Flex with Courtney Poulos

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. Props will often be used to help deepen the stretch. **\$10 paid to the instructor. Please reserve your spot online!**

### Dance

#### 'Ori Tahiti Fitness- Maria Fretwell

A dance workout using basic dance movements from the Island of Tahiti. It provides a full-body workout, as well as isolating your larger muscle groups and defining your core, with specific emphasis on the abs, glutes, quads and arms. Incorporates easy to perform dance movements set to traditional drum beats fused with reggae and pop. Enjoyable for all ages and fitness levels. This is an independent class with a **\$10 drop-in fee**, to be paid directly to the instructor.

#### Zumba®- Gina Graziani

Zumba® A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. This is an independent class with a **\$5 drop-in fee (\$3 for members of the Gym)** paid directly to the instructor. Please register for this class online at our website.

#### Cardio Hip Hop with Courtney Poulos-

This high-energy class offers a non-intimidating approach to learning hip hop. The choreography taught is thoughtfully created so students of all backgrounds can understand and succeed at hip hop dance. Class always begins with a thorough warm-up session to help dancers loosen up, build core strength, and improve their overall body control. The instructor will break every movement down into steps that are fun and easy to learn. No prior dance experience needed to join! **\$10 paid to the instructor. Please reserve your spot on our website.**