

January 2023

mon	tue	wed	thu	fri
2 8:15A PILATES 10:30A SILVER YOGA	3 5:30PM 20/20/20	4 6:00 PM- ZUMBA	5 5:30P 'ORI TAHITI	6 8:15A PILATES 9:30A SILVER YOGA
9 8:15A PILATES 10:30A SILVER YOGA	10 5:30P 20/20/20	11 6:00 PM- ZUMBA	12 8:15A PILATES 5:30P 'ORI TAHITI	13 8:15A PILATES 9:30A SILVER YOGA
16 8:15A PILATES 10:30A SILVER YOGA	17 5:30P 20/20/20	18 6:00 PM- ZUMBA	19 5:30P 'ORI TAHITI	20 9:30A SILVER YOGA CANCELLED
23 8:15A PILATES 10:30A SILVER YOGA CANCELLED	24 5:30P 20/20/20	25 6:00 PM- ZUMBA	26 5:30P 'ORI TAHITI	27 8:15A PILATES 9:30A SILVER YOGA
30 8:15A PILATES 10:30A SILVER YOGA	31 CANCELLED 20/20/20	1	2 5:30P 'ORI TAHITI	3 8:15A PILATES 9:30A SILVER YOGA



HAPPY
New years

**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)

Class Descriptions

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 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.

Pilates

'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.

Dance

Zumba®- Gina Graziani *Only four classes in January!*

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** paid directly to the instructor. Scan the code below to see more information about Gina and the class!



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.

Combo

capecarterstudio.com