



# January Group Exercise Schedule

Effective: 1/2/2019

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

[www.cadillacareaymca.org](http://www.cadillacareaymca.org)

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<b>Morning</b>										<b>9:00am</b>	<b>10:00am</b>
6:10-6:55 Cycle 45 Rick		6:10-7:00 Wakeup Workout Lori	6:10-6:55 Cycle 45 Rick	6:10-6:55 Cycle 45 Rick		6:10-6:55 Zumba Lori	6:10-6:55 Cycle 45 Rick	6:10-6:45 Insanity Live Brooks		1/5 Tabata Janelle	1/5 Yoga Kristin
7:00-7:55 Yoga Janeen								8:00-8:45 Cycle 45 Janelle		1/12 Cardio Ball & Core Lori	1/12 Yoga Peg
				8:45-9:40 Body Sculpt Maria		8:45-9:40 Step Lite Janelle		8:45-9:40 Body Sculpt Maria		1/19 Body Sculpt Maria	1/19 Yoga Patty
9:00-9:45 Cycle 45 Janelle		9:45-10:40 Yoga Fit Patty		9:45-10:40 Yoga Chiao		9:45-10:40 Yoga Fit Peg		9:45-10:40 Yoga Chiao		1/26 Body Sculpt Paula	1/26 Yoga Chiao
<b>Lunch Time</b>											
		12:05-12:50 PiYo Live Brooks				12:05-12:50 PiYo Live *No Class 1/17 Brooks					
<b>Evening</b>										<b>Notes</b>	
4:30-5:25 Yoga Fit Kristin										New Years Day Hours: 10:00AM-9:00PM  <b>Wednesday Rotation Class:</b> 1/9: Cycle 45-Rick 1/16: Yoga Strength-Patty 1/23: Tabata—Janelle 1/30: Cardio Ball & Core-Lori	
5:30-6:25 Body Sculpt Paula		5:30-6:15 Cycle 45 Rick			5:00-5:45 Cycle 45 Janelle	5:30-6:25 Yoga Fit Kristin					
6:30-7:25 Cardio Kick-boxing Janelle		6:30-7:25 Gentle Yoga Patty	6:30-7:25 Tabata Janelle	6:30-7:15 Wednesday Rotation Class See Notes							

Class descriptions are on back side. The YMCA reserves the right to revise the schedule as needed.

**Members: Free**

**Community Members: \$7**