



February Group Exercise Schedule

Effective: 2/1/2019

www.cadillacareaymca.org

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Morning										9:00am	10:00am
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		2/2 Zumba Lori	2/2 Yoga Patty
7:00-7:55 Yoga Janeen								8:00-8:45 Cycle 45 Janelle		2/9 Cardio Sculpt Maria	2/9 Beginner Yoga Peg
9:00-9:45 Cycle 45 Janelle		8:45-9:40 Cardio-Mix Rotation Janelle-See Notes		8:45-9:40 Cardio Sculpt Maria		8:45-9:40 Step Lite Janelle		8:45-9:40 Cardio Sculpt Maria		2/16 Core Fit & Flex Maria	2/16 Yoga Chiao
9:50-10:40 Beginner Yoga Peg		9:45-10:40 Yoga Fit Patty		9:45-10:40 Yoga *No Class 2/27 Chiao		9:45-10:40 Yoga Fit Peg		9:45-10:40 Yoga Chiao		2/23 Step Lite Janelle	2/23 Beginner Yoga Peg
Lunch Time										Notes	
		12:05-12:50 PiYo Live *No Class 2/19 Brooks				12:05-12:50 PiYo Live Brooks				**In the event of a CAPS Snow Day, all group exercise classes beginning at 8am or earlier will be cancelled. <u>Cardio-Mix Rotation Class:</u> 2/5: Step Lite 2/12: Cycle 45 2/19: Tabata 2/26: HIIT <u>Wednesday Rotation Class:</u> 2/6: Zumba - Lori 2/13: Yoga - Patty 2/20: Tackling Toning - Lori 2/27: Cycle 360 - Shannon	
Evening											
4:30-5:25 Yoga Fit Kristin											
5:30-6:25 Body Sculpt Paula				5:00-5:45 Cycle 45 Janelle		5:30-6:25 Yoga Fit Kristin					
6:30-7:25 Tabata Janelle		6:30-7:25 Gentle Yoga Patty		6:30-7:15 Wednesday Rotation Class See Notes		6:30-7:15 HIIT Janelle					

Class descriptions are on back side. The YMCA reserves the right to revise the schedule as needed. **Members: Free Community Members: \$7**