

the  **August Group Exercise Schedule**
Effective: 8/1/2019



Join our Facebook Group: Cadillac Area YMCA Fitness

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 Cardio Ball & Core Lori			6:10-6:55 Wakeup Weights* Lori	6:10-6:55 Zumba Lori		6:10-6:45 Insanity Live Brooks		8/3 Cardio Drumming Shanna	8/3 Yoga Chiao
										8/10 Core Fit & Flex Maria	8/10 Yoga Patty
				8:45-9:40 Cardio Sculpt Maria				8:45-9:40 Cardio Sculpt Maria		8/17 BAM Deb	8/17 Yoga Chiao
9:50-10:40 Yoga Peg		9:45-10:40 Yoga Fit Ellen		9:45-10:40 Yoga Chiao		9:45-10:40 Yoga Fit Ellen		9:45-10:40 Yoga Chiao		8/24 Zumba Lori	8/24 Yoga Ellen
Lunch Time										8/31	8/31
		12:05-12:50 PiYo Live** Brooks				12:05-12:50 PiYo Live** Brooks				No	Rotation
										Y Closed for	Labor Day
Evening										Notes	
4:30-5:25 Yoga Fit Kristin										<p>- Don't forget to sign up for GLOW Cardio Drumming on August 28th! Space is Limited.</p> <p>- August 17th is Disability Awareness Day - Join us for a free all inclusive Cardio Drumming and Yoga class. See Welcome center for more details.</p> <p>Summer Hours: Sun: Closed M-F: 6am - 9pm Sat: 8am - 6pm</p> <p>Labor Day Weekend : Saturday August 31st - Monday September 2nd - Closed</p>	
5:30-6:25 Body Sculpt Paula				5:30-6:25 Cardio Drumming** No Class 8/28 Shanna	5:30-6:25 Yoga Fit Kristin						
		6:30-7:25 Gentle Yoga Patty									

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

* Class in Wellness Center ** Class in Gym