



March Group Exercise Schedule

Effective: 3/1/2019 - 3/22/2019

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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		3/2 Cardio Ball & Core Lori	3/2 Yoga Patty
7:00-7:55 Yoga Janeen								8:00-8:45 Cycle 45 Janelle		3/9 PiYo Brooks	3/9 Yoga Janeen
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		3/16 HIIT Janelle	3/16 Yoga Fit Peg
9:50-10:40 Beginner Yoga Peg		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		3/23 Zumba Lori	3/23 Yoga Patty
Lunch Time										Notes	
		12:05-12:50 PiYo Live Brooks				12:05-12:50 PiYo Live Brooks				<p>In the event of a CAPS Snow Day, all group exercise classes beginning at 8am or earlier will be cancelled.</p> <p>Cardio-Mix Rotation Class: 3/5: Step Lite 3/12: Cycle 45 3/19: Tabata 3/26: HIIT</p> <p>Wednesday Rotation Class: 3/6: - Step Lite - Janelle 3/13: Yoga & Strength - Patty 3/20: Cycle 45 - Rick 3/27: Zumba - Lori</p> <p>Please look for an alternative schedule for March 23rd-March 31st.</p>	
Evening											
4:30-5:25 Yoga Fit Kristin											
5:30-6:25 Body Sculpt Paula						5:30-6:25 Yoga Fit Kristin					
6:30-7:25 Tabata Janelle		6:30-7:25 Gentle Yoga **No class 3/12 Patty		6:30-7:15 Wednesday Rotation Class See Notes		6:30-7:15 HIIT Janelle					