



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# JANUARY GROUP EXERCISE SCHEDULE

All participants must pre-register in advance online for all group exercise classes!

[www.cadillacareaymca.org/group-exercise](http://www.cadillacareaymca.org/group-exercise)

## MONDAY

- 6:00-6:45 AM**  
BODY SCULPT  
With Katy
- 8:30-9:15 AM**  
YOGA  
With Janeen
- 9:45-10:30 AM**  
YOGAFIT  
With Peg
- 5:30-6:15 PM**  
HIIT  
With Mark

## TUESDAY

- 6:00-6:45 AM**  
CORE DE FORCE  
With Katy
- 8:45-9:30 AM**  
CARDIO SCULPT  
With Eva
- 9:45-10:30 AM**  
YOGA  
With Patty
- 5:30-6:15 PM**  
ZUMBA  
With Shanna
- 6:30-7:15 PM**  
GENTLE YOGA  
With Patty

## WEDNESDAY

- 6:00-6:45 AM**  
FLEX & TONE  
With Lori
- 7:45-8:30 AM**  
YOGA  
With Chiao
- 8:45-9:30 AM**  
TABATA  
With Eva
- 9:45-10:30 AM**  
YOGAFIT  
With Peg
- 5:30-6:15 PM**  
CARDIO DRUMMING  
With Shanna  
In the Gym
- 5:30-6:15 PM**  
HIIT  
With Mary

## THURSDAY

- 6:00-6:45 AM**  
ZUMBA  
With Lori
- 8:45-9:30 AM**  
CARDIO SCULPT  
With Deane
- 9:45-10:30 AM**  
YOGAFIT  
With Peg
- 5:30-6:15 PM**  
TABATA  
With Mark
- 6:30-7:15 PM**  
GENTLE YOGA  
With Peg

## FRIDAY

- 8:45-9:30 AM**  
CARDIO SCULPT  
With Deane
- 9:45-10:30 AM**  
STRETCH FLOW  
With Deane
- 12:00-12:45 PM**  
CYCLE 45  
With Janeen  
In the Gym

## SATURDAY

- 1/8 - 9:00 AM**  
Mark - Tabata
- 1/8 - 10:00 AM**  
Peg - Gentle Yoga
- 1/15 - 9:00 AM**  
Lori - Zumba
- 1/15 - 10:00 AM**  
Janeen - Yoga
- 1/22 - 9:00 AM**  
Shanna - Cardio Drumming
- 1/22 - 10:00 AM**  
Patty - Yoga
- 1/29 - 9:00 AM**  
Katy - Body Sculpt
- 1/29 - 10:00 AM**  
Deane - Yoga

### Hours:

**Monday - Friday: 5:30 AM - 9:00 PM**

**Saturday & Sunday: 8:00 AM - 6:00 PM**