



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SEPTEMBER GROUP EXERCISE SCHEDULE

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

www.cadillacareaymca.org/group-exercise

MONDAY

6:00-6:45 AM
BODY SCULPT
With Katy

8:30-9:15 AM
CYCLE 45
With Janeen

9:45-10:30 AM
YOGA
With Peg

5:30-6:15 PM
HIIT
With Mark

6:30-7:15 PM
POUND
With Angie

TUESDAY

6:00-6:45 AM
CORE DE FORCE
With Katy

8:30-9:15 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
YOGA
With Patty

WEDNESDAY

6:00-6:45 AM
FLEX & TONE
With Lori

8:45-9:30 AM
BODY SCULPT
With Maria

9:45-10:30 AM
YOGA
With Peg

5:30-6:15 PM
CARDIO DRUMMING
With Shanna (GYM)

5:30-6:15 PM
YOGA
With Chiao

THURSDAY

6:00-6:45 AM
ZUMBA
With Lori

8:30-9:15 AM
TABATA
With Eva

9:45-10:30 AM
YOGA FIT
With Peg

5:30-6:15 PM
TABATA
With Mark

FRIDAY

8:45-9:30 AM
CARDIO SCULPT
With Deane

SATURDAY

9/10 - 9:00 AM
ZUMBA With Lori
9/10 - 10:00 AM
YOGA With Deane

9/17 - 9:00 AM
TABATA With Mark
9/17 - 10:00 AM
YOGA With Peg

9/24 - 9:00 AM
CARDIO SCULPT With Eva
9/24 - 10:00AM
YOGA With Patty

10/1 - 9:00 AM
Body Sculpt With Katy
10/1 - 10:00 AM
YOGA With Chiao

Hours:

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

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