



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# APRIL 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

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

**9:45-10:30 AM**  
GENTLE YOGA  
With Peg

**5:30-6:15 PM**  
BUST-A-MOVE  
With Deb

## TUESDAY

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

**8:45-9:30 AM**  
URBAN BOOTCAMP  
With Bri

**9:45-10:30 AM**  
YOGA  
With Patty

**5:30-6:15 PM**  
POUND  
With Angie

**6:30-7:15 PM**  
GENTLE YOGA  
With Patty

## WEDNESDAY

**6:00-6:45 AM**  
FUNCTIONAL  
MOVEMENT  
With Lori

**8:45-9:30 AM**  
BODY SCULPT  
With Luke

**9:45-10:30 AM**  
GENTLE YOGA  
With Peg

**5:30-6:15 PM**  
STRENGTH  
With Grace

**5:30-6:15 PM**  
CARDIO DRUMMING  
With Shanna

## THURSDAY

**6:00-6:45 AM**  
ZUMBA  
With Lori

**8:45-9:30 AM**  
BUTT & GUT  
With Bri

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

**5:30-6:15 PM**  
FUNCTIONAL  
MOVEMENT  
With Lori

**6:30-7:15 PM**  
RELAX AND  
RESTORE YOGA  
With Molly

## FRIDAY

**8:45-9:30 AM**  
CARDIO SCULPT  
With Grace

**9:45-10:40 AM**  
YOGA  
With Chiao

**11:00-11:45 AM**  
SENIOR CHAIR YOGA  
With Chiao

**6:00-6:45 PM**  
CARDIO SCULPT  
With Eva

## SATURDAY

**4/6 - 9:00 AM**  
ZUMBA With Lori

**4/6 - 10:00 AM**  
YOGA With Peg

**4/13 - 9:00 AM**  
POUND With Angie

**4/13 - 10:00 AM**  
YOGA With Chiao

**4/20 - 9:00 AM**  
CORE DE FORCE  
With Katy

**4/20- 10:00 AM**  
YOGA With Molly

**4/27 - 9:00 AM**  
URBAN BOOTCAMP  
With Bri

**4/27 - 10:00 AM**  
YOGA With Chiao

### Hours:

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

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