



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAY 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

8:45-9:30 AM
CYCLE
With Janeen

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

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

7:00-7:45 PM
CARDIO SCULPT
With Eva

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
CARDIO FUSION
With Janelle

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

5:30-6:15 PM
STRENGTH
With Luke

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
SCULPT & FORM
With Janelle

9:45-10:40 AM
YOGA
With Chiao

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

SATURDAY

5/4 - 9:00 AM
ZUMBA With Lori

5/4 - 10:00 AM
YOGA With Patty

5/11 - 9:00 AM
80's STEP AEROBICS
With Deb

5/11 - 10:00 AM
YOGA With Chiao

5/18 - 9:00 AM
CORE DE FORCE
With Katy

5/18- 10:00 AM
YOGA With Molly

Hours:

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

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