



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



NOVEMBER 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
STRENGTH
With Bri

9:45-10:40 AM
GENTLE YOGA
With Peg

5:30-6:15 PM
SPIN
With Luke

6:30-7:15 PM
STRENGTH
With Eva

TUESDAY

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

8:45-9:30 AM
ENERGIZE
With Luke

9:45-10:40 AM
YOGA
With Patty

5:30-6:25 PM
GENTLE YOGA
With Patty

6:30-7:15 PM
STRENGTH &
RECOVERY
With Deb

WEDNESDAY

6:00-6:45 AM
ZUMBA
With Lori

8:45-9:30 AM
CARDIO KICK
BOXING
With Bri

9:45-10:40 AM
GENTLE YOGA
With Peg

5:30-6:15 PM
STRENGTH
With Luke

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

6:30-7:15 PM
BODY SCULPT
With Katy

THURSDAY

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

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

9:45-10:40 AM
YOGA
With Peg

5:30-6:15 PM
BUTT & GUT
With Luke

6:30-7:15 PM
CARDIO SCULPT
With Eva

FRIDAY

8:45-9:30 AM
Cycle 45
With Janeen

9:45-10:40 AM
YOGA
With Chiao

11:00-11:55 AM
SENIOR CHAIR YOGA
With Chiao

SATURDAY

11/1- 9:00 AM
STRENGTH With Eva
11/1- 10:00 AM
YOGA With Chiao

11/8- 9:00 AM
BODY SCULPT With Katy
11/8 10:00 AM
FUN MOVE RELEASE AND
MOBILIZE With Lori

11/15- 9:00 AM
CARDIO DRUMMING With
Shanna
11/15- 10:00 AM
Yoga With Patty

11/22- 9:00 AM
ENERGIZE With Luke
11/22 - 10:00 AM
YOGA With Peg

11/29 TORCH THE TURKEY

Hours:

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

Saturday : 8:00 AM - 6:00 PM