



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JULY 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**  
CARDIO SCULPT  
With Janelle

**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

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

**6:30-7:15 PM**  
BOOTCAMP TABATA  
With Eva

## WEDNESDAY

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

**8:45-9:30 AM**  
BUNS & GUNS  
With Luke

**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**  
CARDIO FUSION  
With Janelle

**9:45-10:40 AM**  
OUTDOOR YOGA  
With Peg  
(Bring a towel)

**5:30-6:15 PM**  
BUNS & GUNS  
With Luke

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

## FRIDAY

**8:45-9:30 AM**  
FOUNDATION  
STRENGTH  
With Janelle

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

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

## SATURDAY

**7/4- 9:00 AM**  
INDEPENDENCE DAY  
(Closed)

**7/11- 9:00 AM**  
YOGA With Chiao

**7/18- 9:00 AM**  
ENERGIZE With Luke

**7/25- 9:00 AM**  
BODY SCULPT With Katy

### Hours:

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

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