



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

8:45-9:30 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
ENERGIZE
With Luke

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
BUTT & GUT
With Bri

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
YOGA
With Peg

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

9/5-LABOR DAY

9/12- 9:00 AM
STRENGTH With Eva
9/12-10:00 AM
YOGA With Peg

9/19- 9:00 AM
BODY SCULPT With Katy
9/19-10:00 AM
YOGA With Madeline

9/26- 9:00 AM
ZUMBA With Lori
9/26- 10:00 AM
YOGA With Chiao

Hours:

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

Saturday : 8:00 AM - 6:00 PM