



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
CYCLE
With Janeen

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

5:30-6:15 PM
SPIN
With Deb

6:30-7:15 PM
URBAN BOOT CAMP
With Bri

TUESDAY

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

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

6:30-7:15 PM
BUTT & GUT
With Bri

THURSDAY

6:00-6:45 AM
ZUMBA
With Lori

8:45-9:30 AM
SCULPT & FORM
With Janelle

9:45-10:30 AM
YOGA
With Peg

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

6:45-7:30 PM
HIIT
With Eva

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

6:45-7:30 PM
TABATA
With Eva

SATURDAY

11/2- 9:00 AM
ZUMBA With Lori
11/2- 10:00 AM
YOGA With Chiao

11/9- 9:00 AM
CARDIO DRUMMING
With Shanna

11/9 - 10:00 AM
YOGA With Patty

11/16 - 9:00 AM
CARDIO KICKBOXING
With Bri

11/16- 10:00 AM
YOGA With Peg

11/23- 9:00 AM
CARDIO SCULPT With Luke

11/23 - 10:00 AM
YOGA With Peg

11/30- 9:00 AM
TORCH THE TURKEY

Hours:

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

Saturday : 8:00 AM - 6:00 PM