



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

**FALL 1 SESSION**  
**September 4—October 22, 2018**

All classes on this schedule are FREE for members to attend unless noted with (\*).  
 Classes subject to change.  
 Download the "Manitowoc-Two Rivers YMCA" App for LIVE class availability!

MONDAY	TUESDAY	WEDNESDAY
<p>Morning:</p> <p>5:15- 6:15 Cycling <b>CY</b>            5:15- 6:15 Group Power® <b>SY</b>            8:00- 8:50 R.I.P.P.E.D.® <b>G2</b>            8:45-10:00 Rhythm Aerobics/Toning <b>SY</b>            9:00- 9:45 Body Sculpt <b>G2</b>            9:00- 9:45 Cycling <b>CY</b>            9:30-10:15 Arthritis <b>IP</b>            9:45-10:30 Water Jog <b>MP</b>            10:00-10:30 Pilates <b>G2</b>            10:00-10:45 Silver Sneakers® Circuit <b>SY</b>            11:00-11:45 H2O Seniors <b>IP</b></p>	<p>Morning:</p> <p>5:15- 6:15 Group Ride® <b>CY</b>            5:15- 6:05 R.I.P.P.E.D.® <b>G2</b>            5:30- 6:15 Sunrise Yoga Stretch <b>SY</b>            7:30- 8:00 Cycling Express <b>CY</b>            8:15- 8:50 Flex and Flow <b>G2</b>            9:00- 9:45 Dance Fitness <b>G2</b>            9:05- 9:50 Yoga <b>SY</b>            9:45-10:30 Water Jog <b>MP</b>            10:00-10:45 Silver Sneakers® Classic <b>SY</b>            10:30-11:00 Water Yoga <b>IP</b>            11:00-11:45 Tai Chi- Better Balance <b>SY</b></p>	<p>Morning:</p> <p>5:15- 6:15 Group Power® <b>SY</b>            8:00- 8:50 R.I.P.P.E.D.® <b>G2</b>            8:45- 9:30 Rhythm Aerobics <b>SY</b>            9:00- 9:30 Kettlebell AMPD® <b>G2</b>            9:00-10:00 Group Ride® <b>CY</b>            9:35-10:05 PIYO® <b>G2</b>            9:30-10:15 Arthritis <b>IP</b>            9:30-10:00 Body Sculpt <b>SY</b>            10:00-10:45 Silver Sneakers® Circuit <b>SY</b>            10:00-10:30 Pilates <b>G2</b>            11:00-11:45 Aqua ZUMBA® <b>IP</b></p>
<p>Noon Hour:</p> <p>12:15-12:45 Fit XPress <b>SY</b></p>	<p>Noon Hour:</p> <p>12:00- 1:00 Group Power® <b>SY</b>            12:00-12:45 Arthritis <b>IP</b></p>	<p>Noon Hour:</p> <p>12:15-12:45 Fit XPress <b>SY</b></p>
<p>Evening:</p> <p>5:00- 6:00 Group Power® <b>SY</b>            5:15- 5:45 R30® <b>CY</b>            5:30- 6:15 POUND® <b>G2</b></p>	<p>Evening:</p> <p>5:15- 6:15 R.I.P.P.E.D.® RUMBLE <b>G2</b>            6:00- 7:00 Cycle. Eat. <b>CY</b></p> <p style="text-align: center;"><i>*Unable to attend a class but would like to work out in a group?            Inquire about <b>Small Group Training!</b>            Train alongside 2-5 of your friends with a Certified Personal Trainer at a time that works for you!</i></p>	<p>Evening:</p> <p>5:00- 6:00 Group Power® <b>SY</b>            6:00- 7:00 Group Ride® <b>CY</b>            6:15- 7:00 Yoga <b>SY</b>            6:30- 7:15 ZUMBA® Toning <b>G2</b></p>

<p><u>Location Key:</u></p> <p><b>G2</b>- GYM 2  <b>IP</b> - Instructional Pool  <b>SY</b>- Studio Y</p> <p><b>CY</b> - Cycling Studio  <b>MP</b>- Main Pool</p>	<p><u>Babysitting Hours:</u></p> <p style="text-align: center;"><b>(Ages 6mo-7yr)</b></p> <p>Mon-Fri: 7:45am-1:00pm            Mon-Thurs: 4:30-7:30pm            Sat: 8:00am -11:00am</p>	<p><u>Child Supervision Hours:</u></p> <p style="text-align: center;"><b>Family Fun Center            Supervision not available</b></p>
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THURSDAY	FRIDAY	SATURDAY
<p>Morning:</p> <p>5:15- 6:15 Group Ride® <b>CY</b>            5:10- 6:10 R.I.P.P.E.D.® RUMBLE <b>G2</b>            5:30- 6:15 Sunrise Yoga Stretch <b>SY</b>            7:30- 8:15 Cycling <b>CY</b>            8:05- 8:50 ZUMBA® Gold <b>SY</b>            8:15- 8:50 Flex and Flow <b>G2</b>            9:00- 9:45 Cardio Kickboxing <b>G2</b>            9:05- 9:50 Yoga <b>SY</b>            9:45-10:30 Water Jog <b>MP</b>            10:00-10:45 Silver Sneakers® Classic <b>SY</b>            11:00-11:45 Tai Chi- Better Balance <b>SY</b></p>	<p>Morning:</p> <p>5:20- 6:15 Cycling <b>CY</b>            5:45- 6:30 Fit Xpress <b>SY</b>            7:45- 8:45 Group Power® <b>SY</b>            8:30- 9:35 #TGIF Fitness <b>G2</b>            9:00- 9:45 Cycling <b>CY</b>            9:00- 9:45 Silver Sneakers® Yoga <b>SY</b>            9:30-10:15 Arthritis <b>IP</b>            10:00-10:45 Senior Fun <b>SY</b>            11:00-11:45 H2O Seniors <b>IP</b></p> <p>#See <b>Weekend Warrior Schedule</b> for class listing</p>	<p>Morning:</p> <p><u>Cycling:</u></p> <p>6:15- 7:15 Cycling <b>CY</b> <i>(every sat)</i></p> <p><u>Studio Y Classes:</u></p> <p>8:00 - 8:50 #Cardio <b>SY</b>            9:00 -10:00 #Toning/Strength <b>SY</b></p> <p>#See <b>Weekend Warrior Schedule</b> for class listing</p>
<p>Noon Hour:</p> <p>12:00- 1:00 Group Power® <b>SY</b>            12:00-12:45 Arthritis <b>IP</b>            12:05-12:50 Cycling <b>CY</b></p>	<p>Noon Hour:</p> <p>12:15- 12:45 Fit XPress <b>SY</b></p>	<div style="border: 2px solid black; padding: 10px; display: inline-block;"> <h2 style="margin: 0;">SUNDAY</h2> </div>
<p>Evening:</p> <p>5:15- 6:05 R.I.P.P.E.D.® <b>G2</b>            6:15- 7:00 Cycling <b>CY</b>            6:15- 7:00 ZUMBA® <b>G2</b></p>	<p>Evening:</p>	<p>Morning 9:15- 10:15</p> <p>#See <b>Weekend Warrior Schedule</b> for class listing</p>

Last modified: 8/31/18

<p><u>Location Key:</u></p> <p><b>G2</b>- GYM 2                      <b>CY</b> - Cycling Studio  <b>IP</b> - Instructional Pool        <b>MP</b>- Main Pool  <b>SY</b>- Studio Y</p>	<p><u>Babysitting Hours:</u></p> <p style="text-align: center;"><b>(Ages 6mo-7yr)</b></p> <p>Mon-Fri: 7:45am- 1:00pm            Mon-Thurs: 4:30-7:30pm            Sat: 8:00am - 11:00am</p>	<p><u>Child Supervision Hours:</u></p> <p style="text-align: center;"><b>Family Fun Center            Supervision not            available</b></p>
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