



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

EAT WELL  
 MOVE DAILY  
 HYDRATE OFTEN  
 SLEEP LOTS  
 LOVE YOUR BODY

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# Fall in Love WITH THE JOURNEY



## October Weekend Fitness 2021

### SATURDAYS –Studio Y –9:00am

DATE

- October 2 Group Power® with Amanda
- October 9 Dance Fitness with Danielle *(FREE Cardio Week for nonmembers!)*
- October 16 R.I.P.P.E.D.® with Donielle *(FREE Strength Week for nonmembers!)*
- October 23 Group Power® with Kari
- October 30 Soulfusion™ with Danielle *(FREE Mind/Body Week for nonmembers!)*

### SATURDAY CYCLING –Cycling Studio– 6:15am

DATE

- October 2 Mary
- October 9 Cindy *(FREE Cardio Week for nonmembers!)*
- October 9 Join Carrie & Melissa for the launch of new Group Ride® content at 9am! *(FREE Cardio Week for nonmembers!)*
- October 16 Mary
- October 23 Cindy
- October 30 Ann

### SUNDAY YOGA– Harborview Studio—9:30am\*

DATE

- October 3 One Hour Flow
- October 10 Hard Core Yoga Flow (42 min.)
- October 17 YogaFit for Beginners (46 min.)
- October 24 Steady Flow (35 min.)
- October 31 Resilience Flow (25 min.) *(FREE Mind/Body Week for nonmembers!)*

\*Classes will begin automatically utilizing the Fitness on Demand software. Please bring a mat.

