



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

**I'M GOING
 TO MAKE YOU
 SO PROUD**
 ~ Note to self

READY SET SWEAT

Saturday Fitness

<u>DATE</u>	<u>CARDIO 8:00 AM</u>		<u>TONING/STRENGTH 9:00 AM</u>	
July 1	Tami/Jamie	Sidekick Cardio Kickboxing	Kari	Group Power®
July 8	Hannah	MetCon	Jenny	Group Power®
July 15	Setareh	Zumba®	Shane	Group Power®
July 22	Janet	Shallow Water Challenge (IP)	Hannah	MetCon Upper/Lower
July 29	Theresa	Zumba Toning®	Michaelyn	TRX®

Aug. 5 **9:00-10:30am - Central Park—Two Rivers- Family Fitness Event!**

Aug. 12 **9:00-10:30am - Washington Park—Manitowoc - Family Fitness Event!**
 9:00 Shane Group Power®

Aug. 19	Hannah	MetCon	Michaleyn	TRX®
Aug. 26	Tami/Jamie	Sidekick Cardio Kickboxing	Laura	Aqua Tabata (IP)



MANITOWOC-TWO RIVERS Y
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