



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monthly Weekend Warrior Pass

Y Members: **FREE**

Nonmembers: **\$55/mth**
(or \$10 daypass per day)

READY SET SWEAT

September Weekend Warrior Fitness

Weekend Warrior Fitness Class Descriptions

Body Sculpt

Designed to increase your muscular strength and endurance by incorporating weighted dumbbells, balls, bars, bands, and bodyweight.

Fit XPress

Mixes traditional callisthenic & body weight exercises with interval & strength-training.

Sidekick Cardio Kickboxing

An action-packed workout that combines a series of punching & kicking combinations- improving strength, muscle tone & endurance.

Cycling

Find your own rhythm in a cycling workout that delivers maximum cardio results with minimum impact on your joints.

Dance Fitness

Featuring simple but seriously hot dance moves, is the perfect way to shape up and let out your inner star – even if you're dance challenged.

TRX®

World-class training for every fitness level. Build strength, burn fat, and improve heart health through the use of suspension training.

Group Power®

Your hour of POWER! This is a 60 minute barbell class that strengthens all major muscle groups in an inspiring and motivating group environment.

Group Ride®

A thrilling cardio workout inspired by outdoor cycling.

R.I.P.P.E.D.®

Resistance, Intervals, Power, Plyometrics, Endurance, and Diet are the key components to the class. Average calorie burn is 750-1000 calories per class.

RUMBLE®

Authentic yet simple to master mixed martial arts class customized for the Group Fitness environment. Participants use the RUMBLE Stick for maximized experience.

PIYO®

Combines the muscle sculpting, core firming benefits of Pilates with the strength and flexibility advantages of yoga. High intensity. Low impact, all choreographed at a faster pace.

ZUMBA®

Dance fitness program that combines Latin & International music. Repetitive movements and lots of hip-shakin' transforms the "workout" into a PARTY!

POUND®

Channel your inner Rockstar with this full body cardio-jam session. Participants use lightly-weighted RIP-STIX to bring the beat and drumming experience to life.

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