



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

**HEALTHY  
 IS AN  
 OUTFIT  
 THAT LOOKS  
 DIFFERENT  
 ON EVERYBODY**

**Monthly Weekend  
 Warrior Pass**

**Y Members: FREE**

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

**MANITOWOC-TWO RIVERS Y**  
 205 Maritime Drive  
 Manitowoc, WI 54220  
 P 920-682-0341  
 F 920-682-2620  
 www.mtrymca.org

# READY SET SWEAT

## September Weekend Warrior Fitness

<b>Weekend Warrior participants may attend Friday, Saturday, and Sunday Classes including regular <b>Friday</b> Group Fitness Classes:</b>	5:20-6:15am-Cycling
	5:45-6:30am Fit Xpress
	7:45-8:45am Group Power®
	9:00-9:45am Cycling
	12:15-12:45pm Fit Xpress

### #TGIF FRIDAYS– Gym 2

<u>DATE</u>	<u>CARDIO   8:30AM</u>	<u>TONING/STRENGTH   9:05 AM</u>
Sept 7	Jenny RUMBLE®	Cheryl Body Sculpt
Sept 14	Setareh ZUMBA®	Carrie POUND®
Sept 21	Gina Cardio Kickboxing	Gina Body Sculpt
Sept 28	Danielle Dance Fitness	Danielle PIYO®

### SATURDAYS– Studio Y

<u>DATE</u>	<u>CARDIO   8:00AM</u>	<u>TONING/STRENGTH   9:00 AM</u>
Sept 8	Tami/Jaime Sidekick Cardio Kickboxing	Donielle RIPPED
Sept 15	Setareh ZUMBA®	Jenny RUMBLE®
Sept 22	Setareh ZUMBA®	Shane Group Power®
Sept 29	Tami/Jaime Sidekick Cardio Kickboxing	Hannah Group Power®

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

Sept 8	Stephanie– Group Ride®
Sept 15	Shane–Group Ride®
Sept 22	Carrie Karbon– Group Ride®
Sept 29	Mary

### SUNDAY STRENGTH– Studio Y– 9:15am

<u>DATE</u>	
Sept 9	Stephanie Group Power®
Sept 16	Michaelyn TRX®
Sept 23	Hannah Group Power®
Sept 30	Michaelyn TRX®