



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**What seems  
impossible today  
will one day  
become your  
warm-up.**

**Download the "Manitowoc-  
Two Rivers YMCA" app from  
your App Store for LIVE class  
information, changes, and  
other notifications**

**MANITOWOC-TWO RIVERS Y**  
205 Maritime Drive  
Manitowoc, WI 54220  
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# Spring Into FITNESS!

## March Weekend Fitness 2019

### TGIF FRIDAYS- Gym 2

<u>DATE</u>	<u>Class</u>	<u>NEW TIME: 8:45-9:30</u>
Mar 1	Danielle	PiYo®
Mar 8	Wendy	Zumba®
Mar 15	Danielle	PiYo®
Mar 22	Wendy	Zumba®
Mar 29	TBD	

### SATURDAYS- Studio Y

<u>DATE</u>	<u>CARDIO   8:00AM</u>	<u>TONING/STRENGTH   9:00 AM</u>
Mar 2	Jenny RIPPED RUMBLE®	Shane Group Power®
Mar 9	Danielle Dance Fitness	Danielle PiYo®
Mar 16	Danielle RIPPED®	Hannah Group Power®
Mar 23	Jenny Active Together®	Hannah Group Power®
Mar 30	Jenny RIPPED RUMBLE®	Jenny Active Together®

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

<u>DATE</u>	
Mar 2	Mary
Mar 9	Cindy
Mar 16	Shane
Mar 23	Mary
Mar 30	Cindy

### SUNDAY STRENGTH- Studio Y- 9:15am

<u>DATE</u>		
Mar 3	Jenny	Group Power®
Mar 10	Tanya	R.I.P.P.E.D.®
Mar 17	Tanya	R.I.P.P.E.D.®
Mar 24	Jenny K.	R.I.P.P.E.D. RUMBLE®
Mar 31	Hannah	Group Power®