



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BLACK FRIDAY
CHAIR MASSAGE
with Emily!

Where: Pool-Viewing Lobby

When: Fri. 11/23 4-7pm

Fee: \$1 per minute

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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www.mtrymca.org



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.

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.

Kettlebell AMPD®

Kettlebell AMPD takes heart-pumping music and your favorite kettlebell moves and combines them into calorie-torching fun! This whole-body workout emphasizes group fitness and focuses on specific areas such as arms, legs, core, and cardio.

RUMBLE®

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

Dance Fitness / Rhythm Aerobics

Two dance-formulated formats to spice up your workout regimen. It is an aerobic workout, divided into different tracks that provide peaks and troughs of intensity. You may have so much fun that you forget you're burning calories!

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.