



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Summer 2 Session
July 17—August 20, 2017

All classes on this schedule are FREE for members to attend unless noted with (*).
 Classes subject to change.
 Download the "Manitowoc-Two Rivers YMCA" App for LIVE class availability!

MONDAY	TUESDAY	WEDNESDAY
Morning: 5:15- 6:15 Cycling CY 5:30- 6:15 MetCon {NEW!} SY 8:00- 8:45 H2O Fusion IP 8:00- 8:50 R.I.P.P.E.D.® G2 8:00- 8:45 Rhythm Aerobics SY 8:50- 9:35 Body Sculpt SY 8:50- 9:35 Arthritis IP 9:00- 9:45 Cycling CY 10:00-10:45 Water Jog MP 10:00-10:30 Pilates G2 10:00-10:45 Silver Sneakers® Circuit SY 11:00-11:45 H2O Seniors IP	Morning: 5:15- 6:15 Group Ride® CY 5:15- 6:05 R.I.P.P.E.D.® G2 5:30- 6:15 Sunrise Yoga Stretch SY 7:30- 8:00 Cycling Express CY 8:15- 8:45 PiYo® SY 8:15- 8:50 Flex and Flow G2 9:00- 9:30 ZUMBA® G2 9:05- 9:50 Stretch into Yoga SY 10:00-10:45 Water Jog MP 10:00-10:45 Silver Sneakers® Classic SY 11:00-11:45 Tai Chi- Better Balance SY	Morning: 5:15- 6:15 Group Power® SY 8:00- 8:45 H2O Fusion IP 8:00- 8:50 R.I.P.P.E.D.® G2 8:00- 8:45 Rhythm Aerobics SY 8:50- 9:35 Body Sculpt SY 8:50- 9:35 Arthritis IP 9:00- 9:35 Kettlebell AMPD® G2 9:00-10:00 Group Ride® CY 10:00-10:45 Silver Sneakers® Circuit SY 10:00-10:30 Yoga-lates G2 11:00-11:45 H2O Seniors IP
Noon Hour: 12:10-12:55 Functional Cross-Training SY	Noon Hour: 12:00- 1:00 Group Power® SY 12:00-12:45 Arthritis IP	Noon Hour: 12:10-12:55 Functional Cross-Training SY
Evening: 5:00- 6:00 Group Power® SY 5:15- 5:45 R30® CY 5:30- 6:05 ZUMBA® G2 6:10- 6:40 PiYo® G2	Evening: 4:30- 5:05 Kettlebell AMPD® G2 5:15- 6:05 R.I.P.P.E.D.® G2 6:15- 7:00 ZUMBA® G2 6:30- 7:00 Family Yoga MGR	Evening: 5:00- 6:00 Group Power® SY 5:45- 6:45 Group Ride® CY

<u>Location Key:</u> G2- GYM 2 IP - Instructional Pool SY- Studio Y CY - Cycling Studio MP- Main Pool MGR- Multigeneration Rm	<u>Babysitting Hours:</u> (Ages 6mo-6yr) Mon-Fri: 7:45am-1:00pm Mon-Thurs: 4:30-7:00pm Sat: 8:00am -11:00am	<u>Child Supervision Hours:</u> Family Fun Center Supervision not available in Summer
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THURSDAY	FRIDAY	SATURDAY
<p>Morning:</p> <p>5:15- 6:15 Group Ride® CY 5:30- 6:15 Sunrise Yoga Stretch SY 5:15- 6:05 R.I.P.P.E.D.® G2 7:30- 8:15 Cycling CY 8:00- 8:45 ZUMBA Gold® SY 8:15- 8:50 Flex and Flow G2 9:00- 9:30 Cardio Kickboxing G2 9:35-10:05 PiYo® G2 9:05- 9:50 Stretch into Yoga SY 10:00-10:45 Water Jog MP 10:00-10:45 Silver Sneakers® Classic SY 11:00-11:45 Tai Chi- Better Balance SY</p>	<p>Morning:</p> <p>5:20- 6:15 Cycling CY 5:45- 6:30 Bootcamp SY 8:00- 8:45 H2O Fusion IP 7:45- 8:45 Group Power® SY 8:30- 9:30 #TGIF Fitness G2 8:50- 9:35 Arthritis IP 9:00- 9:45 Silver Sneakers® Yoga SY 10:00-10:45 Senior Fun SY 11:00-11:45 Aqua Zumba® IP</p> <p style="text-align: center;"><i># See TGIF Fitness Schedule</i></p>	<p>Morning:</p> <p><u>Cycling:</u> 6:15- 7:15 Cycling CY</p> <p><u>Studio Classes:</u> 8:00 - 8:50 #Cardio SY 9:00 -10:00 #Toning/Strength SY</p> <p style="text-align: center;"><i># See Saturday Schedule for class listing</i></p>
<p>Noon Hour:</p> <p>12:00- 1:00 Group Power® SY 12:00-12:45 Arthritis IP 12:05-12:50 Cycling CY</p>	<p>Noon Hour:</p> <p>12:10-12:55 Functional Cross-Training SY</p>	SUNDAY
<p>Evening:</p> <p>5:15- 6:05 R.I.P.P.E.D.® G2</p>	<p>Evening:</p>	<p>Last modified: 7/31/17</p>

<p><u>Location Key:</u></p> <p>G2- GYM 2 IP - Instructional Pool SY- Studio Y</p> <p>CY - Cycling Studio MP- Main Pool MGR- Multigeneration Rm</p>	<p><u>Babysitting Hours:</u></p> <p style="text-align: center;">(Ages 6mo-6yr)</p> <p>Mon-Fri: 7:45am-1:00pm Mon-Thurs: 4:30-7:00pm Sat: 8:00am -11:00am</p>	<p><u>Child Supervision Hours:</u></p> <p style="text-align: center;">Family Fun Center Supervision not available in Summer</p>
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