



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Set goals.

Crush them.

Repeat.

December Weekend Schedule

SATURDAYS – Studio Y

<u>DATE</u>	<u>8:00AM</u>	<u>9:00AM</u>
December 3	POUND® - Kelsey	Dance Fitness - Jeni
December 10	Body Sculpt - Cheryl	Step Board - Cheryl
December 17	Cardio Kickboxing - Jaime	Group Power® - Kari
December 24	Dance Fitness - Danielle	RIPPED® - Doni
December 31	Group Fight® - Jenny	Zumba® - Cristin

SATURDAY CYCLING – Cycling Studio

<u>DATE</u>	<u>6:15 AM</u>
December 3	Mary
December 10	Mary
December 17	Cindy
December 24	Ann
December 31	Cindy

SUNDAY POP UP CLASSES - Studio Y

<u>Date</u>	<u>9:15 AM</u>
December 4	Group Fight® - Jenny
December 11	Group Power® - Kari
December 18	Cycling - Becky

FIN



YouTube



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

