



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Fall 2 Session
October 30—December 24, 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
<p>Morning:</p> <p>5:15- 6:15 Cycling CY 5:15- 6:00 MetCon SY 8:00- 8:45 H2O Fusion IP 8:00- 8:50 R.I.P.P.E.D.® G2 8:45-10:00 Rhythm Aerobics/Toning SY 9:00- 9:45 Body Sculpt G2 9:00- 9:45 Cycling CY 9:30-10:15 Arthritis IP 9:45-10:30 Water Jog MP 10:00-10:30 Pilates/Core Yoga Fusion G2 10:00-10:45 Silver Sneakers® Circuit SY 11:00-11:45 H2O Seniors IP</p>	<p>Morning:</p> <p>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 9:45-10:30 Water Jog MP 10:00-10:45 Silver Sneakers® Classic SY 10:30-11:00 Water Yoga IP 11:00-11:45 *Tai Chi- Better Balance SY</p> <p style="text-align: center;"><i>*Registration required for this class</i></p>	<p>Morning:</p> <p>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 8:45- 9:30 Rhythm Aerobics SY 9:00- 9:35 Kettlebell AMPD® G2 9:00-10:00 Group Ride® CY 9:30-10:15 Arthritis IP 9:30-10:00 Body Sculpt SY 10:00-10:45 Silver Sneakers® Circuit SY 10:00-10:30 Yoga-lates G2 11:00-11:45 H2O Seniors IP</p>
<p>Noon Hour:</p> <p>12:10-12:55 Functional Cross-Training SY</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 <i>(beginning 11/7)</i></p>	<p>Noon Hour:</p> <p>12:10-12:55 Functional Cross-Training SY</p>
<p>Evening:</p> <p>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</p>	<p>Evening:</p> <p>4:15- 5:00 Cycle. Eat. CY 4:30- 5:05 Kettlebell AMPD® G2 5:15- 6:05 R.I.P.P.E.D.® G2 6:30- 7:00 Family Yoga MGR</p>	<p>Evening:</p> <p>5:00- 6:00 Group Power® SY 6:15- 7:00 ZUMBA® Toning G2 5:45- 6:45 Group Ride® CY 6:15- 7:15 Yoga SY</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: 4:30-7:30pm Sat: 8:00am -11:00am</p>	<p><u>Child Supervision Hours:</u></p> <p style="text-align: center;">Family Fun Center Supervision not available</p>
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THURSDAY	FRIDAY	SATURDAY
<p>Morning:</p> <p>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- 8:15 Cycling CY 8:05- 8:50 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 9:45-10:30 Water Jog MP 10:00-10:45 Silver Sneakers® Classic SY 11:00-11:45 *Tai Chi- Better Balance SY</p> <p><i>*Registration required for this class</i></p>	<p>Morning:</p> <p>5:20- 6:15 Cycling CY 5:45- 6:30 Bootcamp SY 8:05- 8:50 H2O Fusion IP 7:45- 8:45 Group Power® SY 8:30- 9:35 #TGIF Fitness G2 9:00- 9:45 Cycling CY 9:00- 9:45 Silver Sneakers® Yoga SY 9:30-10:15 Arthritis IP 10:00-10:45 Senior Fun SY 11:00-11:45 Aqua Zumba® IP</p> <p># See TGIF Fitness Schedule for classes</p>	<p>Morning:</p> <p><u>Cycling:</u></p> <p>6:15- 7:15 Cycling CY (every sat) 7:15- 8:15 Cycling CY (first sat of mth) Nov 4, Dec 2</p> <p><u>Studio Y Classes:</u></p> <p>8:00 - 8:50 #Cardio SY 9:00 -10:00 #Toning/Strength SY</p> <p># See Saturday Schedule for class listing</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>	<div style="border: 2px solid black; padding: 10px; font-size: 2em; font-weight: bold;">SUNDAY</div>
<p>Evening:</p> <p>4:15- 5:00 Teacher Cycling CY 5:15- 6:05 R.I.P.P.E.D.® G2 5:30- 6:15 TRX® SY 6:00- 6:45 Cycling CY 6:15- 7:00 ZUMBA® G2</p>	<p>Evening:</p>	<p>Morning 9:15- 10:15</p> <p>10/29- Met Con Upper/Lower (Hannah) 11/5- Group Power (Stephanie) 11/12- Met Con Upper/Lower (Hannah) 11/19- Group Power (Kari) 11/26- Group Power (Kari) 12/3- Group Power (Jenny) 12/10- TRX Strength- (Michaelyn) 12/17- TRX Strength- (Michaelyn) 12/24- Toning and Conditioning (Mike)</p> <p style="text-align: right;">Last modified: 10/30/17</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: 4:30-7:30pm Sat: 8:00am - 11:00am</p>	<p><u>Child Supervision Hours:</u></p> <p style="text-align: center;">Family Fun Center Supervision not available</p>
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