



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE AT THE Y

YMCA App

Download the Manitowoc-Two Rivers YMCA App from your App Store
 Search "DAXKO" - Enter "Manitowoc"

Catch LIVE updates and notifications from your Y!

MONDAY	TUESDAY	WEDNESDAY
Morning: 5:15– 6:15 Group Power® (Carrie) SY 7:45– 8:35 R.I.P.P.E.D.® (Donielle) SG 8:00– 10:00 Drop-in Pickleball for Intermediate to Advanced (TC) 8:45–9:45 Rhythm Aerobics (Cheryl) SY 9:00– 9:45 Yoga (Candy) SG 9:00– 9:45 Cycling (Becky) CY 10:00– 10:45 Silver Sneakers® Circuit (Candy) SY	Morning: 5:15– 6:15 Group Ride® (Carrie K.) CY 5:15–6:05 R.I.P.P.E.D.® (Jenny K.) SG 5:30– 6:15 Sunrise Yoga Stretch (Cindy) SY 8:00–8:45 Body Sculpt (Cheryl) SY 9:00–9:45 Dance Fitness (Danielle) SY 9:00–9:45 Flex + Flow (Cheryl) SG 9:30– 11:30 Drop-in Pickleball for Beginners to Intermediate (TC) 9:45–10:30 Water Jog (Mary) MP 10:00– 10:45 Silver Sneakers® Yoga (Candy) SY 10:30– 11:15 Water Fusion (Stacie) IP	Morning: 5:15– 6:15 Group Power® (Jenny W.) SY 7:45– 8:35 R.I.P.P.E.D.® (Donielle) SG 8:00– 10:00 Drop-in Pickleball for Intermediate to Advanced (TC) 8:45–9:45 Rhythm Aerobics (Cheryl) SY 9:00– 9:30 Yoga (Susan) SG 9:30– 9:50 Foam Rolling (Justin) SG 10:00– 10:45 Silver Sneakers® Classic (Cheryl) SY
Midday: 11:00– 11:45 Water Fusion (Candy) IP 12:10– 12:50 Bootcamp: Strength & Stability (Molly) SY	Midday: 11:00– 11:45 Tai Chi (Jerry) HVS 11:20– 11:50 Arthritis (Stacie) IP	Midday: 11:00– 11:45 Water Fusion (Stacie) IP 12:10– 12:50 Bootcamp: Power & Agility (Molly) SY
Evening: 4:30– 5:15 Kettlebell AMPD® (Tanya) SG 5:15– 6:00 Cycling (Mary) CY 5:15– 6:15 Group Power® (Amanda) SY	Evening: 5:15– 6:05 R.I.P.P.E.D.® (Tanya) SY	Evening: 5:15–6:15 Group Power® (Amanda) SY 6:30–7:15 Vinyasa Flow Yoga (Becky H.) SY

<u>Location Key</u> SY – Studio Y CY - Cycling Studio HVS – Harborview Studio IP – Instructional Pool RSB – Rock Steady Boxing Studio	Be a Better YOU! Schedule your <u>Personal Training</u> appointment at the Membership Services Desk today!!	<u>CHILD WATCH</u> (Ages 6weeks–8 years) We are working hard to reopen our babysitting service. Stay tuned for updates!
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Manitowoc-Two Rivers Y
 205 Maritime Drive, Manitowoc, WI 54220

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THURSDAY	FRIDAY	SATURDAY
<p>Morning:</p> <p>5:10– 6:10 R.I.P.P.E.D. Rumble® (Jenny) SG</p> <p>5:15– 6:00 Cycling (Carrie/Mary/Ann) CY</p> <p>5:30– 6:15 Sunrise Yoga Stretch (Cindy) SY</p> <p>8:00–8:45 Body Sculpt (Cheryl) SY</p> <p>9:00–9:45 Flex + Flow (Cheryl) SG</p> <p>9:00– 9:45 Cardio Kickboxing (Gina)SY</p> <p>10:00– 10:45 Silver Sneakers® Circuit (Candy) SY</p>	<p>Morning:</p> <p>5:15–6:05 R.I.P.P.E.D.® (Jenny K.) SY</p> <p>5:20– 6:15 Cycling (Cindy/Ann) CY</p> <p>7:45– 8:45 Group Power® (Jenny W) SY</p> <p>9:00– 9:50 BARRE (Carrie) SG</p> <p>9:00– 9:45 Silver Sneakers Classic® (Candy) SY</p> <p>9:30– 11:30 Drop-in Pickleball for Beginners to Intermediate (TC)</p> <p>10:00–10:45 Silver Sneakers® Yoga (Susan) SY</p>	<p>Morning:</p> <p style="text-align: center; color: red;">See Weekend Schedule or app for class listings</p>
<p>Midday:</p> <p>11:00– 11:45 Tai Chi (Jerry) HVS</p> <p>12:10–12:50 Cycling (Candy) CY</p>	<p>Midday:</p>	SUNDAY
<p>Evening:</p> <p>5:15– 6:05 R.I.P.P.E.D.® (Donielle) SY</p> <p>5:35– 6:20 Cycling (Becky) CY</p>		11/05/21

<p><u>Location Key</u></p> <p>SY– Studio Y CR– Circuit Room CY - Cycling Studio GC– Gymnastics HVS– Harborview Studio MP– Main Pool IP– Instructional Pool SG– Salutz Gym RSB– Rock Steady Boxing Studio TC– Tennis Center</p>	<p>Be a Better YOU!</p> <p>Schedule your <u>Personal Training</u> appointment at the Membership Services Desk today!!</p>	<p style="text-align: center;"><u>CHILD WATCH</u></p> <p style="text-align: center;">(Ages 6weeks–8 years)</p> <p style="text-align: center;">We are working hard to reopen our babysitting service. Stay tuned for updates!</p>
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