



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE AT THE Y

Effective September 13, 2021

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
<p>Morning:</p> <p>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)</p> <p>8:45–9:45 Rhythm Aerobics (Cheryl) SY 9:00– 9:45 Yoga (Candy) SG 10:00– 10:45 Silver Sneakers® Circuit (Candy) SY</p>	<p>Morning:</p> <p>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)</p> <p>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</p>	<p>Morning:</p> <p>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 8:50– 9:30 Strength & Stretch (Susan) SG 9:30– 9:50 Foam Rolling (Justin) SG 10:00– 10:45 Silver Sneakers® Classic (Cheryl) SY</p>
<p>Midday:</p> <p>11:00– 11:45 Water Fusion (Candy) IP 12:10– 12:50 Bootcamp: Strength & Stability (Molly) SY</p>	<p>Midday:</p> <p>11:00– 11:45 Tai Chi (Jerry) HVS 11:20– 11:50 Arthritis (Stacie) IP</p>	<p>Midday:</p> <p>11:00– 11:45 Water Fusion (Stacie) IP 12:10– 12:50 Bootcamp: Power & Agility (Molly) SY</p>
<p>Evening:</p> <p>4:30– 5:15 Kettlebell AMPD® (Tanya) SG 5:15– 5:45 R30® (Melissa) CY 5:15– 6:15 Group Power® (Amanda) SY</p>	<p>Evening:</p> <p>5:15– 6:05 R.I.P.P.E.D.® (Tanya) SY</p>	<p>Evening:</p> <p>5:15–6:15 Group Power® (Amanda) SY 5:15–6:15 Group Ride® (Melissa) CY 6:30–7:15 Vinyasa Flow Yoga (Becky H.) SY</p>

<p><u>Location Key</u></p> <p>SY– Studio Y CY - Cycling Studio HVS– Harborview Studio IP– Instructional Pool RSB– Rock Steady Boxing Studio</p> <p>CR– Circuit Room GC– Gymnastics MP– Main Pool SG– Salutz Gym 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><u>CHILD WATCH</u></p> <p>(Ages 6weeks–8 years)</p> <p>We are working hard to reopen our babysitting service. Stay tuned for updates!</p>
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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>5:30– 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– 9:45 BARRE (Carrie) HVS</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 (Candy) 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>	<div style="border: 2px solid black; padding: 10px; width: 100%;"> <h2 style="margin: 0;">SUNDAY</h2> </div>
<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>		<p><u>Harborview Studio:</u></p> <p>9:30am Fitness on Demand® Yoga</p> <p><i>Class will begin on its own at 9:30am. See app for class descriptions. Classes will change weekly.</i></p> <p><i>Participants must bring their own mat.</i></p> <p style="text-align: right;"><i>09/27/21</i></p>

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