



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"

MONDAY	TUESDAY	WEDNESDAY
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<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) 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 10:15– 10:45 Arthritis/Water Stretch (Stacie) IP</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 6:00– 6:45 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</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 9:00– 9:45 Yoga (Susan) SG 9:00 - 9:45 SOULfusion® (Danielle) HVS 10:00-10:45 Silver Sneakers® Classic (Cheryl) SY</p>
<p>Midday:</p> <p>11:00– 11:45 Water Fusion (Stacie) IP 12:10– 12:50 Bootcamp: Strength & Stability (Molly) SY</p>	<p>Midday:</p> <p>11:00– 11:45 Tai Chi (Jerry) HVS 12:00 - 12:45 Yoga Stretch (Justin) SY 1:00– 2:30 Drop-in Pickleball for Beginners (TC)</p>	<p>Midday:</p> <p>11:00– 11:45 Water Fusion (Stacie) IP</p>
<p>Evening:</p> <p>4:15 - 5:00 Dance Fitness (Jeni) SG 4:45– 5:30 Kettlebell AMPD® (Tanya) SG 5:15– 6:15 Group Power® (Kari) SY 5:30– 6:15 Cycling (Mary) CY 5:40– 6:25 POUND® (Kelsey) SG</p>	<p>Evening:</p> <p>5:15– 6:15 Group Fight® (Jenny W./Carrie) SY</p>	<p>Evening:</p> <p>5:15–6:15 Group Power® (Amanda) SY 5:45 - 6:30 Zumba® (Cristin) SG 6:30-7:15 Vinyasa Flow Yoga (Becky H.) HVS</p>

Location Key

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

Be a Better YOU!
 Schedule your Personal Training appointment at the **Membership Services Desk**

CHILD WATCH
(Ages 6 months—8 years)
 Mon-Thurs: 4:30-7:30pm



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THURSDAY	FRIDAY	SATURDAY
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<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>6:00– 6:45 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>9:45-10:30 Water Jog (Mary) MP</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>5:15- 6:10 Cycling (Cindy/Ann) CY</p> <p>7:45- 8:45 Group Power® (Jenny W) SY</p> <p>9:00– 9:50 BARRE (Carrie) SY</p> <p>9:00-9:45 Total Body Burn (Lenny)</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;">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 - 12:55 Cycling (Candy) CY</p> <p>1:00– 2:30 Drop-in Pickleball for Beginners (TC)</p>	<p>Midday:</p> <p>12:00 - 12:45 Total Body Burn (Lenny) RSB</p>	<div style="border: 2px solid black; padding: 10px; display: inline-block;"> <h2 style="margin: 0;">SUNDAY</h2> </div>
<p>Evening:</p> <p>5:30- 6:20 R.I.P.P.E.D.® (Donielle) SY</p>		

SUNDAY

Updated: 101/08/2022

Location Key

RSB - Rock Steady Boxing Studio	CR – Circuit Room
SY – Studio Y	GC – Gymnastics
CY - Cycling Studio	MP - Main Pool
HVS – Harborview Studio	SG – Salutz Gym
IP – Instructional Pool	TC – Tennis
RSB – Rock Steady Boxing Studio	

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 today!!

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