



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 10:15– 10:45 Arthritis/Water Stretch (Stacie) IP	Morning: 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	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– 9:45 Yoga (Cathy) 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 (Stacie) IP 12:10– 12:50 Bootcamp: Strength & Stability (Molly) SY	Midday: 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)	Midday: 11:00– 11:45 Water Fusion (Stacie) IP 12:10 – 12:55 Yin Yoga (Cathy) SY 12:10– 12:50 Hybrid Cycling (Gina) CY
Evening: 4:45– 5:30 Kettlebell AMPD® (Tanya) SG 5:15– 6:15 Group Power® (Kari) SY 5:30– 6:15 Cycling (Mary) CY 5:30 – 6:15 Dance Fitness (Jeni) SG 5:40– 6:25 POUND® (Kelsey) HVS	Evening: 5:15– 6:15 Group Fight® (Jenny W./Carrie) SY	Evening: 5:15–6:15 Group Power® (Amanda) SY 6:30–7:15 Vinyasa Flow Yoga (Becky H.) HVS

<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 6 months—8 years) Mon–Thurs: 4:30–7:30pm</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>5:15– 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>9:30– 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>See Weekend Schedule or app for class listings</p>
<p>Midday:</p> <p>11:00– 11:45 Tai Chi (Jerry) HVS</p> <p>1:00– 2:30 Drop-in Pickleball for Beginners (TC)</p>	<p>Midday:</p>	<div style="border: 2px solid black; padding: 10px; font-weight: bold; font-size: 1.2em;">SUNDAY</div>
<p>Evening:</p> <p>5:30– 6:20 R.I.P.P.E.D.® (Donielle) SY</p>		

09/06/22

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