



Winter 2018

GROUP FITNESS

TGIF

Fridays are Fun! Join us in Gym 2 every Friday from 8:30 – 9:30 for a rotation of great classes!

<u>DATE</u>	<u>CARDIO 8:30AM</u>		<u>TONING/STRENGTH 9:00 AM</u>	
Mar 2	Cheryl	Rhythm Aerobics	Cheryl	Body Sculpt
Mar 9	Mike	INSANITY® Core	Mike	Body Sculpt
Mar 16	Danielle	ZUMBA®	Danielle	AMPD® Fusion
Mar 23	Mike	INSANITY® Core	Michaelyn	Body Sculpt
Mar 30	Danielle	ZUMBA®	Danielle	AMPD® Fusion

<u>DATE</u>	<u>CARDIO 8:30AM</u>		<u>TONING/STRENGTH 9:00 AM</u>	
Apr 6	Gina	Cardio Kickboxing	Gina	Body Sculpt
Apr 13	Danielle	ZUMBA®	Danielle	AMPD® Fusion
Apr 20	Kari R.I.P.P.E.D.®			
Apr 27	Mike	INSANITY® Core	Mike	Body Sculpt

MANITOWOC-TWO RIVERS Y
205 Maritime Drive • Manitowoc, WI 54220
P 920-682-0341 • F 920-682-2620
www.mtrymca.org

