



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

**I'M GOING
 TO MAKE YOU
 SO PROUD**

~ Note to self

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

READY SET SWEAT

June Weekend Warrior Fitness

FRIDAYS– Gym 2

| <u>DATE</u> | <u>CARDIO 8:30AM</u> | | <u>TONING/STRENGTH 9:05 AM</u> | |
|-------------|------------------------|----------------------|----------------------------------|------------------|
| June 1 | Jenny | R.I.P.P.E.D. RUMBLE® | Lynne | Yoga |
| June 8 | | Donielle | R.I.P.P.E.D.® (50minutes) | |
| June 15 | | Donielle | R.I.P.P.E.D. RUMBLE® | |
| June 22 | Setareh | Zumba® | Danielle | PiYo® |
| June 29 | Gina | Cardio Kickboxing | Danielle | Kettlebell AMPD® |

SATURDAYS– Studio Y

| <u>DATE</u> | <u>CARDIO 8:00AM</u> | | <u>TONING/STRENGTH 9:00 AM</u> | |
|-------------|------------------------|----------------------------|----------------------------------|--------------|
| June 2 | Jenny | R.I.P.P.E.D. RUMBLE® | Shane | Group Power® |
| June 9 | Setareh | ZUMBA® | Kari | Group Power® |
| June 16 | Danielle | Dance Fitness | Danielle | PiYo® |
| June 23 | Donielle | R.I.P.P.E.D.® | Jenny | Group Power® |
| June 30 | Tami/Jaime | Sidekick Cardio Kickboxing | Carrie | POUND® |

SATURDAY CYCLING –Cycling Studio– 6:15am

| | |
|---------|------------------------|
| June 2 | Mary |
| June 9 | Cindy |
| June 16 | Shane – Group Ride® |
| June 23 | Stephanie– Group Ride® |
| June 30 | TBD |

SUNDAY STRENGTH– Studio Y– 9:15am (last Sunday classes until September!)

| <u>DATE</u> | | |
|-------------|-----------|--------------|
| June 3 | Michaelyn | TRX® |
| June 10 | Stephanie | Group Power® |
| June 17 | Michaelyn | TRX® |
| June 24 | Michaelyn | TRX® |

