



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

*WAKE UP WITH
DETERMINATION
 GO TO BED WITH
SATISFACTION*

Download the NEW
 "Daxko" Health & Fitness
 app from your App Store
 for LIVE class information,
 changes, and other notifi-
 cations

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

Hello Summer!

June Weekend Fitness 2019

TGIF FRIDAYS– Gym 2—8:45am

DATE

June 7	Lynne	Beach Yoga (weather permitting)
June 14	Danielle	PiYo®
June 21	Danielle	Dance Fitness
June 28	Debbie	POUND®

SATURDAYS– Studio Y

<u>DATE</u>	<u>CARDIO 8:00AM</u>	<u>TONING/STRENGTH 9:00 AM</u>
June 1	Debbie POUND®	Hannah Group Power®
June 8	Jenny R.I.P.P.E.D. Rumble®	Shane Group Power®
June 15	Danielle Dance Fitness	Hannah Active Together®
June 22	Tami/Jaime Sidekick Cardio Kickboxing	Danielle PiYo®
June 29	Debbie POUND®	Debbie Kettlebell AMPD®

SATURDAY CYCLING –Cycling Studio– 6:15am

DATE

June 1	Shane
June 8	Ann
June 15	Cindy
June 22	Mary
June 29	Cindy

SUNDAY STRENGTH– Studio Y– 9:15am

DATE

June 2	Debbie	POUND®
June 9	Casey	Weight Training
June 16	Debbie	POUND®
June 23	Hannah	Group Power®
June 30	Debbie	POUND®