



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Set goals.

Crush them.

Repeat.

November Weekend Schedule

SATURDAYS – Studio Y

<u>DATE</u>	<u>8:00AM</u>	<u>9:00AM</u>
November 5	Group Exercise Mashup	
November 12	POUND® - Kelsey	Group Power® - Kari
November 19	NO CLASSES (gymnastics meet)	
November 26	Zumba® - Cristin	Group Power® - Kari

SATURDAY CYCLING – Cycling Studio

<u>DATE</u>	<u>6:15 AM</u>
November 5	Mary
November 12	Cindy
November 19	Mary
November 26	Ann

SUNDAY POP UP CLASSES - Studio Y

<u>Date</u>	<u>9:15 AM</u>
November 6	Group Power® - Amanda
November 13	Zumba® - Cristin

The Y will be closed on Thanksgiving Day, but don't forget to sign up or volunteer for the Turkey Trot!



YouTube



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

