



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# HOMECOMING MONTH AT THE Y

COLOR CODING REFLECTS WHICH CLASSES WELCOME  
 NONMEMBER GUESTS AT NO CHARGE!

**CARDIO WEEK: 10/3-10/9**

**STRENGTH WEEK: 10/10-10/16**

**AQUATICS WEEK: 10/17-10/23**

**MIND-BODY WEEK: 10/24-10/30**

MONDAY	TUESDAY	WEDNESDAY	
<p>Morning:</p> <p>5:15– 6:15 Group Power® (Carrie) SY</p> <p>7:45– 8:35 R.I.P.P.E.D.® (Donielle) SG</p> <p>8:00– 10:00 Drop-in Pickleball for Intermediate to Advanced (TC)</p> <p>8:45–9:45 Rhythm Aerobics (Cheryl) SY</p> <p>9:00– 9:45 Yoga (Candy) SG</p> <p>10:00– 10:45 Silver Sneakers® Circuit (Candy) SY</p>	<p>Morning:</p> <p>5:15– 6:15 Group Ride® (Carrie K.) CY</p> <p>5:15–6:05 R.I.P.P.E.D.® (Jenny K.) SG</p> <p>5:30– 6:15 Sunrise Yoga Stretch (Cindy) SY</p> <p>8:00–8:45 Body Sculpt (Cheryl) SY</p> <p>9:00–9:45 Dance Fitness (Danielle) SY</p> <p>9:00–9:45 Flex + Flow (Cheryl) SG</p> <p>9:30– 11:30 Drop-in Pickleball for Beginners to Intermediate (TC)</p> <p>9:45–10:30 Water Jog (Mary) MP</p> <p>10:00– 10:45 Silver Sneakers® Yoga (Candy) SY</p> <p>10:30– 11:15 Water Fusion (Stacie) IP</p>	<p>Morning:</p> <p>5:15– 6:15 Group Power® (Jenny W.) SY</p> <p>7:45– 8:35 R.I.P.P.E.D.® (Donielle) SG</p> <p>8:00– 10:00 Drop-in Pickleball for Intermediate to Advanced (TC)</p> <p>8:45–9:45 Rhythm Aerobics (Cheryl) SY</p> <p>8:50– 9:30 Strength &amp; Stretch (Susan) SG</p> <p>9:30– 9:50 Foam Rolling (Justin) SG</p> <p>10:00–10:45 Silver Sneakers® Classic (Cheryl) SY</p>	
<p>Midday:</p> <p>11:00–11:45 Water Fusion (Candy) IP</p> <p>12:10– 12:50 Bootcamp: Strength &amp; Stability (Molly) SY</p>	<p>Midday:</p> <p>11:00– 11:45 Tai Chi (Jerry) HVS</p> <p>11:20– 11:50 Arthritis (Stacie) IP</p>	<p>Midday:</p> <p>11:00– 11:45 Water Fusion (Stacie) IP</p> <p>12:10– 12:50 Bootcamp: Power &amp; Agility (Molly) SY</p>	
<p>Evening:</p> <p>4:30– 5:15 Kettlebell AMPD® (Tanya) SG</p> <p>5:15– 5:45 Cycling (Mary) CY</p> <p>5:15– 6:15 Group Power® (Amanda) SY</p>	<p>Evening:</p> <p>5:15– 6:05 R.I.P.P.E.D.® (Tanya) SY</p>	<p>Evening:</p> <p>5:15–6:15 Group Power® (Amanda) SY</p> <p>6:30–7:15 Vinyasa Flow Yoga (Becky H.) SY</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><b>Be a Better YOU!</b>            Schedule your <u>Personal</u>  <u>Training</u> appointment at the  <u>Membership Services Desk</u></p>	<p><u>CHILD WATCH</u>  <b>(Ages 6weeks–8 years)</b>            We are working hard to reopen our            babysitting service. Stay tuned for            updates!</p>

Manitowoc-Two Rivers Y  
 205 Maritime Drive, Manitowoc, WI 54220

FIND US ON:





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THURSDAY	FRIDAY	SATURDAY
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<p>Morning:</p> <p>5:10– 6:10 R.I.P.P.E.D. Rumble® (Jenny) SG</p> <p>5:30– 6:15 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>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>5:20– 6:15 Cycling (Cindy/Ann) CY</p> <p>7:45– 8:45 Group Power® (Jenny W) SY</p> <p>9:00– 9:45 BARRE (Carrie) HVS</p> <p>9:00– 9:45 Silver Sneakers Classic® (Candy) SY</p> <p>9:30– 11:30 Drop-in Pickleball for Beginners to Intermediate (TC)</p> <p>10:00–10:45 Silver Sneakers® Yoga (Candy) SY</p>	<p>Morning:</p> <p style="text-align: center;">See <b>Weekend Schedule or app</b> for class listings</p>
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<p>Midday:</p> <p>11:00– 11:45 Tai Chi (Jerry) HVS</p> <p>11:00– 11:45 Water Fusion (Stacie) IP <i>Nov. 21 ONLY</i></p> <p>12:10–12:50 Cycling (Candy) CY</p>	<p>Midday:</p>	<div style="border: 2px solid black; padding: 10px; display: inline-block;"> <h2 style="margin: 0;">SUNDAY</h2> </div>
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<p>Evening:</p> <p>5:15– 6:05 R.I.P.P.E.D.® (Donielle) SY</p> <p>5:35– 6:20 Cycling (Becky) CY</p>		<p><u>Harborview Studio:</u></p> <p>9:30am Fitness on Demand® Yoga</p> <p><i>Class will begin on its own at 9:30am. See app for class descriptions. Classes will change weekly.</i></p> <p><i>Participants must bring their own mat.</i></p> <p style="text-align: right;"><i>10/13/21</i></p>
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<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><b>Be a Better YOU!</b></p> <p>Schedule your <u>Personal Training</u> appointment at the Membership Services Desk today!!</p>	<p><u>CHILD WATCH</u></p> <p>(Ages 6weeks–8 years)</p> <p>We are working hard to reopen our babysitting service. Stay tuned for updates!</p>
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